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Colonoscopy Instruction Sheet
(Large Bowel Exam)

You are scheduled to have an examination of your entire colon (large bowel). The examination is called a Colonoscopy. The purpose of colonoscopy is to identify, and on occasion treat abnormalities of the colon. Frequently, colonoscopy is performed to identify and remove polyps from the colon before they undergo cancerous degeneration.

Procedure

Colonoscopy is performed with the patient lying on his or her left side. After rectal examination and lubrication of the anal area, a thin flexible tube called a colon scope is passed into the rectum and advanced to the area where the small bowel joins the colon. Occasional discomfort occurs during the examination due to the stretching of the colon as the instrument is advanced and the need to inflate the colon with air to accomplish the examination. If polyps are identified during the procedure, and if it is technically possible to remove them, they will be removed. Likewise, biopsies (small pieces of colon tissue) may be obtained during the procedure for microscopic examination to assist with diagnosis. Colonoscopy requires 15-60 minutes to complete.

Because many people are apprehensive about having a colonoscopy and because the procedure is associated with some discomfort, the physician will administer a small dose of sedative medication intravenously (in the vein) for sedation and pain control. The medication will produce relaxation and relieve pain. In the case of allergy to the medication, others will be considered.

Colonoscopy is a safe procedure. However, it is not risk free. On rare occasion complications do occur. Complications take the form of reaction to the medications given for the procedure, bleeding, infection, and perforation in the areas through which the colon scope passes. If you have questions concerning procedure risk, you should discuss them with Dr. Anees prior to the procedure.

Osmoprep® Preparation for Colonoscopy

Successful colonoscopy requires that the colon be completely free of all stool material. Osmoprep is a product that, when properly taken by mouth, rapidly cleanses the bowel by causing watery diarrhea. In order to achieve proper cleansing, you must take the tablets as directed on the reverse side of this sheet. If your colon is not clean, the examination may need to be rescheduled and you may have to undergo a second preparation.

SEVEN DAYS PRIOR TO THE EXAMINATION: Stop taking pills containing iron, aspirin, and anti-inflammatory medications (Motrin, Advil, Nuprin, Ibuprophen, Naprosyn, Feldene, Clinoril). If you are taking Coumadin take your last dose _____ days prior to the procedure. If you are on Plavix or Ticlid take your last dose _____ days prior to the procedure. No foods containing Olestra (fat substitute) such as fat free potato chips.

Please take time to read all of these instructions several days prior to your colonoscopy.

REMEMBER: *It is very important to keep yourself well hydrated. Take as much fluid throughout the day as possible when doing your clear liquid diet the day prior to your scheduled colonoscopy*

DAY PRIOR TO TESTING:

- ★ You may have only clear liquids during the day before the examination. Ex: Water, black coffee, tea, apple juice, grape juice, Jell-O, or broth. **Do not drink any red colored liquids.**
- ★ Begin your first dosing regimen at 6:00 pm the night prior to your examination (see below).
- ★ Take four *Osmoprep*® tablets with at least 8 oz. of any clear liquid every 15 minutes for a total of 20 tablets. **DO NOT EXCEED 20 TABLETS.**
- ★ Reminder: Remain close to toilet facilities.

DAY OF TESTING:

- ★ Three hours prior to the scheduled examination time, begin your second dosing regimen.
- ★ Take four *Osmoprep*® tablets with at least 8 oz. of clear liquid every 15 minutes for a total of 12 tablets.
- ★ Reminder: Remain close to toilet facilities.
- ★ After finishing the last dose do not eat or drink until after the procedure.
- ★ If you take diabetic medications, hold all oral diabetic medications and take only one-half of your insulin dose.
- ★ If you take medications for your HEART, BLOOD PRESSURE, or SEIZURE disorder, take them one-hour after completing the tablets with a sip of water.

TABLET CHECK OFF CHART

For each of your two dosing regimens record the *Osmoprep*® tablets you have taken using the two charts below. Begin by recording the Start Date and Start Time for Dose 1. After swallowing the last tablet for each dose, check off the corresponding box for that dose. Be sure a clock is nearby or wear a watch.

DAY PRIOR TO TESTING

Start Date _____	Time _____	Dosage _____	✓
Dose 1	6:00PM	4 tablets	<input type="checkbox"/>
Dose 2	6:15PM	4 tablets	<input type="checkbox"/>
Dose 3	6:30PM	4 tablets	<input type="checkbox"/>
Dose 4	6:45PM	4 tablets	<input type="checkbox"/>
Dose 5	7:00PM	4 tablets	<input type="checkbox"/>
TOTAL: 20 tablets			

DAY OF TESTING

Start Date _____	Time _____	Dosage _____	✓
Dose 1	:	4 tablets	<input type="checkbox"/>
Dose 2	:	4 tablets	<input type="checkbox"/>
Dose 3	:	4 tablets	<input type="checkbox"/>
TOTAL: 12 tablets			

NOTE: Be sure to complete your prescribed dosing regimen. Wait at least 15 minutes between each dose. Do not take *Osmoprep*® tablets within 7 days of a previous administration. It is recommended that you NOT take additional laxatives or any product containing sodium phosphate while taking *Osmoprep*® tablets. For further information, consult your physician.

DATE OF APPOINTMENT _____

TIME OF APPOINTMENT _____

Please be sure to arrive at the hospital admission desk _____ minutes

Prior to your scheduled time of the test.

If you are unable to keep your appointment or wish to change the date, as a courtesy to other patients, we ask that you call (660) 263-2400 and inform us **THREE DAYS** in advance.

ENDOSCOPY CENTER: _____

QUESTIONS OR PROBLEMS: If you have questions or problems, contact our office at (660) 263-2400. After hours, call (660) 263-8400 and have the operator page Dr. Anees.

YOU MUST BRING YOUR INSURANCE CARDS AND PHOTO ID WITH YOU FOR REGISTRATION