

Colonoscopy

It is important to read these instructions upon receiving. Follow the instructions provided to you, not what is on the bowel prep.



Colonoscopy

Your colonoscopy is scheduled for _____

- Endoscopy Center on the second floor of the Altru Professional Center (4440 S. Washington St. Door #13, up on the 2nd floor)
- Hospital with check-in at main registration desk (1200 Columbia Rd. S.)

Arrival time: _____

Procedure time: _____

- Dr. Hawwa Alao
- Dr. Bradley Belluk
- Dr. Stefan Johnson
- Dr. William Asher Wolf
- Dr. Marcin Szember
- Dr. Khalil Aloreidi
- Other: _____

Endoscopy Center: 701.780.6533
Hospital: 701.780.5789
Toll free number: 800.437.5373
Altru Pharmacy: 701.780.6870

If any concerns while completing the prep for your procedure, an on call provider is available after hours, call 701.780.5000 and the operator will connect you.

This pamphlet has been written to help you prepare for your exam. It is not meant to take the place of a conference with your doctor. It includes answers to questions patients ask most often. Please read it carefully. If you have any further questions, please do not hesitate to call your doctor or nurse.

We suggest you check with your insurance company if you have any questions regarding coverage of your procedure.

What is a Colonoscopy?

A colonoscopy enables the doctor to examine the lining of the colon (large intestine) for abnormalities by inserting a flexible tube as thick as your pinkie finger into your anus and slowly advancing it into the colon.

You will be asked to lie on your left side on an exam table. The doctor will insert the colonoscope into your rectum and gently guide the scope to examine the entire colon. Carbon dioxide will be inserted through the scope to inflate the colon to allow the doctor to evaluate the lining of the colon.

If during the examination any inflammation, irregularity, or growth is discovered, your doctor may remove or biopsy it. You do not feel any discomfort if the doctor removes polyps or takes biopsies.

The entire procedure will last about 15-30 minutes.

Plan on spending a total of 2 1/2 hours in the Procedure Center. You will be discharged with your responsible adult driver approximately 30-45 minutes after your procedure. Most patients can resume their diet at that time.

Indications

- » To evaluate the source of rectal bleeding
- » To biopsy (sample) and/or remove polyps
- » Polyps are abnormal growths from the lining of the colon which vary in size from a tiny dot to several inches. The majority of polyps are benign (non-cancerous) but the doctor cannot always tell a benign from a malignant (cancerous) polyp by its outer appearance alone. For this reason, removed polyps are sent to the pathologist for tissue analysis. Removal of colon polyps is an important means of preventing colorectal cancer.
- » To biopsy a mass discovered on a colon x-ray
- » To detect possible recurrent polyps or cancer
- » To evaluate improvement or progression of Inflammatory Bowel Disease (such as Crohn's or Ulcerative Colitis)

Preparation

A nurse from the Pre-Procedure Center will call you before your procedure to review your history and ask you some health-related questions. The nurse will also give you instructions to prepare for your procedure. Your procedure may be cancelled if you do not follow these instructions carefully. This is important so that we can adequately prepare for any special needs you may have.

Day of Procedure

1. Continue all of your current medications unless you are told otherwise.
2. Stop iron supplements and vitamins that contain iron three days prior to procedure.
3. If you are diabetic and on medications, our Pre-Procedure nurse will give you instructions regarding your diabetic medications
4. If you are on any blood thinning medications you will be given instructions on when to hold or stop in necessary
5. You may want to purchase aloe wipes, Desitin or A&D ointment to help prevent a sore bottom.
6. Approximately 1 week prior to your procedure, your bowel prep will be ordered by the provider performing your procedure. Altru Retail Pharmacy will mail your bowel prep with instructions on how and when to take it.

Please follow the directions as indicated to ensure proper prep for your procedure. Failure to follow instructions as indicated may result in delays or cancellation of your procedure.

If you have not received your colon prep within 4 business days of your procedure, please call our Altru Pharmacy at 701.780.6870

If you have any questions regarding the bowel prep process or procedure, please call Altru's Endoscopy Center at 701.732.7522

Day of Procedure

You will be arriving prior to your procedure to complete your admission process. The nurse will explain the procedure to you and answer any questions you might have. He/she will check your blood pressure and pulse. The nurse will ask you to change into a gown. A small intravenous needle (IV) will be inserted. This serves as a pathway to give you medication and keep you comfortable during the procedure.

The effects of these medications may persist throughout the day. Therefore, we ask that you do not plan on working, driving a car, or working around machinery for the remainder of the day. Your procedure may be canceled if you do not arrange for transportation home.

When the procedure is completed, you will be moved to recovery where you will spend 30-60 minutes. You will be offered toast and a beverage when you are fully awake. The doctor will talk to you after the examination to let you know the findings and you will be given an after-visit summary with the findings as well. If any biopsies or polyps were removed, you will be notified in about a week with that report. If, for some reason, you have not received the biopsy report from your doctor in a week, please call the office. You should be able to return to your normal activities the following day.

Procedure Sedation

The type of sedation you receive will be determined by the physician performing the procedure based on your health history and review of your medications.

What is Moderate Sedation?

This type of sedation minimizes pain and discomfort through the use of pain relievers and sedatives. A brief period of amnesia may erase any memory of this procedure/test. Moderate sedation is administered by a registered nurse under the direction of the physician performing the procedure.

What is Sedation Provided by Anesthesia?

You will meet your anesthesia team (a doctor of anesthesia and a nurse anesthetist). They will review your medical history and explain the type of anesthesia available. Any questions about anesthesia can be asked

at this time. You will be asked to sign your anesthesia consent at this time, if you have not signed earlier.

Benefits of Procedural Sedation

- » Decrease anxiety related to procedure/test
- » Make procedure/test more comfortable with less pain
- » Shortened recovery room stay

Monitoring During Procedural Sedation

You will be properly monitored by a trained healthcare provider. Your healthcare provider will monitor your vital signs such as heart rate, blood pressure, breathing, oxygen level and alertness during the procedure/test and after the procedure/test.

After procedural sedation you should not drive yourself home or operate dangerous equipment or machinery for the remainder of the day. Judgement can be affected by medications and it is important not to sign any legal papers for 24 hour after receiving any medication for sedation. We recommend that someone be with you for 24 hours after sedation.

Risks

It is your right as a patient to be informed of the risks or possible complications before you decide whether or not to have the recommended colonoscopy. Your doctor performing the procedure will discuss these and will answer your questions prior to sedating you.

One rare complication is a perforation or tear through the bowel wall which would require surgery. Bleeding can occur from the site of biopsy or polypectomy. It is usually minor and stops on its own or can be controlled through the scope. Rarely, blood transfusions are necessary or surgery may be required to stop the bleeding. It's also possible to miss lesions. Other potential risks include a reaction to the medications used and complications from heart or lung disease. Localized irritation of the vein where medications were injected may cause a tender lump lasting for several days, but this will go away eventually. Although complications are rare, it is important for you to recognize early signs of any possible complication. Contact the physician who performed the colonoscopy if you notice any of the following symptoms: severe abdominal pain, shortness of breath, fever and chills, or rectal bleeding of more than 1/2 cup. Bleeding could occur up to 2 weeks after polypectomy.

Colonoscopy and polypectomy are generally safe when performed by a physician who has been specially trained and is experienced in these endoscopic procedures.

Altru Health System complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. For more information, see link on our website at altru.org. ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1.800.732.4277. ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: 1.800.732.4277. LUS CEEV: Yog tias koj hais lus Hmoob, cov kev pab txog lus, muaj kev pab dawb rau koj. Hu rau 1.800.732.4277.



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