



CENTER OF SURGICAL EXCELLENCE

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J. J. Khan, MD

Colonoscopy Information

Procedure Date: _____

Arrival time: _____

Location: Center of Surgical Excellence
 Venice Regional Medical Center

Please be prepared to stay for one full hour after the test.

You will need to arrange for someone to drive you home after the procedure. Please call if:

1. You cannot make it to your colonoscopy appointment on time.
2. You get sick (cold or flu) or have a temperature of over 100 degrees. Your test may need to be done later when you are well.

Pre-Operative Phone Call

1. A person from the Center of Surgical Excellence will call you prior to your procedure to prepare you. **You may call 941-412-2100 after 10:00am the day prior**, to receive your instructions, if you choose.
2. **Remember to bring an accurate list of your current medications (and the dose)**, the day of your procedure.
3. Please follow your physician's instructions carefully for your prep.
4. **You will need someone to drive you home and cannot drive for the rest of the day.**
Please make arrangements for your transportation.
5. **Patients are asked to arrive ½ hour ahead of their procedure time.** Your driver is welcome to wait or we can call them back when you are ready to leave.
6. Please do not eat, drink, chew gum or throat lozenges the day of your procedure.

Getting Ready:

1 Week before the test

- Please inform Dr. if you are on a blood thinner, Warfarin, Coumadin or others.
- Avoid Vitamin E, Ibuprofen, Motrin, Aleve or Advil
- Tylenol is acceptable and can be taken
- No fiber supplements, flaxseed, or iron

The day before the test “DRINK AS MUCH WATER AS YOU CAN”

1. Start your prep to clean out your bowels

2. Diabetics are to take $\frac{1}{2}$ dose of insulin the day before procedure and no insulin the morning of the exam.
3. Wear easy-to-remove shorts or pants (like sweat pants). You may feel an urgent need to get to the bathroom.
4. You may have hard candy or gum. AVOID the colors red, purple, orange, and green.
5. Diarrhea from the bowel prep medicine may make the skin around your anus (rectum) burn, especially if you have hemorrhoids. Use diaper rash ointment as needed (can buy at supermarket or drugstore).
6. You may drink clear liquids after taking all of your bowel prep medicine. Stop **ALL** liquids 8 hours before the scheduled procedure time.
- 7.

Please do not smoke after midnight and the morning before your test.

The day of the test

1. **Do not eat or drink anything 8 hours before the test.**
2. Wear loose fitting, comfortable clothing. Avoid wearing girdles, pantyhose, or tight fitting clothes. You will be asked to put on a hospital gown.
3. **No medications are to be taken on the day of the procedure.**
Exceptions: blood pressure, heart, epilepsy, anti-anxiety, respiratory, or Parkinson medication. Take these medications with a SIP of water at least 2 hours before procedure. Please bring all respiratory inhalers to the center on the day of your procedure.
****Diabetics who take oral diabetic medication are to hold it the morning of the exam.
4. LEAVE ALL MONEY, JEWELRY, AT HOME. THE CENTER OF SURGICAL EXCELLENCE IS NOT RESPONSIBLE FOR YOUR VALUABLES

Colonoscopy



What you should know

A colonoscopy is a test to look inside your colon (other names for colon are bowel, gut or large intestine). You are scheduled for a colonoscopy by your Doctor.

Risks

There is a very, very small chance that your bowel (colon or intestines) could be injured during the test. Your physician has the expertise and experience to take care of any complications that may occur during the procedure. This may require you to be hospitalized for a few days and undergo surgery for repair of the bowel. Call your physician if you are worried or have questions about the risks and complications.

Informed consent

You will be asked to sign a consent form. If you are unable to give your consent, someone who has your permission may sign for you. A consent form is a legal piece of paper that gives your doctor permission to do certain tests, treatments or procedures. This form will explain exactly what will be

done to you. Your physician has explained the risks and benefits of each treatment before you sign the consent. Before giving your consent, make sure all of your questions have been answered to your satisfaction so you understand what may happen.

Your family can wait in the waiting area until your colonoscopy is complete. The physician or nurse will find them after the test and ask them to join you to hear the results of the test. If your family prefers to leave during the test, please ask them to leave a telephone number where they can be reached. Please note....

At times procedures can run behind (late). You may be notified if this happens and be asked to come a little later than your assigned time. This is for your convenience to alleviate a longer waiting time at the Center.

During the Colonoscopy

Intravenous Line insertion

- An IV will be inserted into a vein of your hand/arm to give medications and fluids.
- You may be given a sedative to help you feel sleepy, relaxed and less nervous. We have certified nurse practitioners and Anesthesiologists to help us achieve safe and risk free sedation.
- Your vital signs will be taken by the nurse before, during, and after the test.
- This includes taking your temperature, blood pressure, pulse, respirations, oxygen level and heart monitoring.
- Blood Pressure – a cuff will be put on your arm and tightened. The cuff is attached to a machine that gives your blood pressure reading.
- Pulse – a pulse oximeter may be used to tell how much oxygen is in your blood. A cord with a clip or sticky strip will be placed on your ear, finger or toe. The other end of the cord is hooked to a machine.
- Heart Rate – a cardiac (heart) monitor will be used to monitor your heart rhythm during the procedure. You will have three (3) sticky electrode patches on your chest. The monitor leads are attached to a machine that will give us a reading similar to an EKG.

Just before the procedure

- A nurse will help you lie on your left side.
- A sheet will cover your lower body.
- You may be asked to raise one or both knees toward your chest.

During the procedure

- The physician will gently insert a tube into your anus with a magnifying glass and light to examine the inside of your colon.
- The scope will be passed up your rectum and into your intestine/colon.
- The scope will have a tiny camera attached to it to visualize the inside of the colon.
- The camera will take pictures of your colon.
- Pictures of your colon will appear on a TV like screen in the procedure room.
- Air will be pumped into your colon to make it bigger so the physician can have a better view.
- A sample tissue (biopsy) inside your colon may be taken.
- The doctor may also take a stool sample.

The procedure will take between 15 to 45 minutes, longer if there are any complications.