

Follow these steps to help ensure a successful procedure...

- 1. Answer** the pre-procedure screening questions located to the right.
- 2. Verify insurance benefits.** We highly recommend you contact your insurance company to verify your coverage and network status. The phone number for Member Services should be on the back of your card.
- 3. Arrange for transportation** following your procedure; you will not be permitted to drive afterwards because of the sedation used during the procedure.
- 4. Stop all iron supplements, aspirin or other pain medication** (except Tylenol®) for 5 days before your procedure or as directed by our office. You may be given further instructions following your procedure.
- 5. Follow the bowel cleansing prep and clear liquid diet instructions located to the right.** It is very important that your colon is entirely clean for your examination.

Preparing for Your Colonoscopy

Using the SuPrep® Bowel Cleansing Kit

Pre-Procedure Screening Questions:

- | Yes | No | |
|--------------------------|--------------------------|--|
| <input type="checkbox"/> | <input type="checkbox"/> | Do you have a history of heart valve surgery/replacement or other condition that requires antibiotics? |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you have diabetes? If Yes, you must be scheduled early in the morning.
<i>Do NOT take insulin, diabetes pills or eat until after the examination.</i> |
| <input type="checkbox"/> | <input type="checkbox"/> | Are you taking aspirin*, anti-inflammatory pain relievers, Coumadin®, or other blood thinners? If yes, you will be given start and stop times.
<i>*Daily 81 mg aspirin is OK to continue.</i> |
| <input type="checkbox"/> | <input type="checkbox"/> | Are you allergic to any medications?
If you answered "Yes" to any of the above questions, please call 218-724-3411 for further instructions. |

Five (5) Days Before Your Procedure:

- ✓ Purchase prep kits from your pharmacy.
- ✓ Stop all iron supplements.
- ✓ Follow special medication instructions given by our office based on your answers to the pre-procedure screening questions above.

The Day Before Your Procedure:

All Day **DRINK CLEAR LIQUIDS ONLY (NO SOLID FOODS)** including plenty of water to remain hydrated throughout the cleansing process.
Acceptable clear liquids include: Strained fruit juices without pulp (apple, white grape, lemonade); water; clear broth or bouillon; coffee or tea; Gatorade®; carbonated and noncarbonated soft drinks; Kool-Aid® (or other fruit-flavored drinks); Jell-O® (without added fruits or toppings; and popsicles.
NOT allowed: Red or purple liquids, solid foods, milk/milk products, alcohol

6 PM 1st Dose: Begin bowel cleansing by following Steps 1 through 4 on your SuPrep® bowel preparation kit.

The Day of Your Procedure:

3 Hours Before Registration Time: 2nd DOSE: Repeat Steps 1 through 4 on your SuPrep® bowel preparation kit. **Once completed, stop all liquids.**

Other Instructions:

- ✓ Regular medications may be taken as directed by our office up to two hours prior to your appointment and with just enough water to swallow comfortably.
- ✓ No diabetes medications or solid foods until after your procedure.
- ✓ If you are scheduled at Lakewalk Surgery Center, please visit our website at www.northlandgastro.com to view the *Ownership Disclosure* notice to patients.

COLONOSCOPY: Why am I having one? What can I expect?

Why am I having a colonoscopy?

The American Cancer Society recommends that those without a family history of colon cancer or polyps have a screening colonoscopy at age 45 and, if normal, once every ten years thereafter. Those with a family history of colon cancer or polyps should begin screening at an earlier age. A patient's doctor may recommend a colonoscopy at any time for preventive reasons or to treat an existing condition.

How is a colonoscopy performed?

During a colonoscopy, the lining of the colon (large bowel) is examined for abnormalities using a small, flexible fiber optic tube. Through this tube, at the end of which is a tiny camera, the doctor can view the lining of the colon and may take a sample of the colon lining for a biopsy or remove polyps – growths in the colon lining that are usually noncancerous. Because cancer begins in polyps, it is important to remove them to help prevent colorectal cancer. If a colonoscopy is being performed to identify sites of bleeding in the colon, the doctor can control the bleeding by injecting medications or by sealing off the bleeding vessels using heat treatment or placing small metal clips.

What can I expect?

Please arrive an hour before your scheduled procedure to allow adequate time for registration and nursing staff to prepare you for the procedure. You will be asked to sign a consent form authorizing the doctor to perform the procedure. The total time from registration until the time you are ready to leave will be about 2 to 2-1/2 hours.

A needle for the intravenous (IV) medicines will be placed in your arm vein prior to the procedure. Medicine will be injected through this needle that will make you sleepy and relaxed. Typically, patients experience little or no pain although a feeling of pressure, bloating or cramping during the colonoscopy may occur because of the air which the doctor puts into the colon. Afterward, you may feel drowsy and sleep for a short time.

Post-procedural results and instructions

After recovery, the doctor goes over the results with you. It may be necessary to call you at home with the results if a biopsy was performed. *If you do not hear from us within 7 days, please phone our office for the results.* Before you leave, a surgical nurse or technician provides post-procedural instructions.

Restrictions

During the first 24 hours following your procedure you should avoid:

- Driving or operating motorized vehicles. You will not be permitted to leave alone following your procedure. Please arrange now for a competent adult to accompany you home.
- Drinking alcoholic beverages.
- Making important decisions or signing legal documents.

Side effects

You may continue to feel bloating for up to an hour after your procedure until the air is expelled. You may also notice a small amount of blood with your first bowel movement; however, do not be alarmed.

Potential serious complications

ANESTHESIA: There are very rare complications associated with the sedating medications, which include a slowing of respirations and/or a drop in blood pressure. For these reasons, continuous monitoring of your blood pressure, pulse and oxygen level is necessary during the procedure.

COLONOSCOPY: Serious but uncommon complications include: missed polyps (potentially cancerous growths); bleeding, especially after biopsies or removal of a polyp; and perforation or tear in the colon. Bleeding or perforation/tears would require hospitalization and possible surgery.

Please call our office immediately at 218-724-3411 or go to your nearest hospital emergency room if you experience any of these rare side effects following your procedure: severe abdominal pain, fever, bloody bowel movements, and/or dizziness or weakness.