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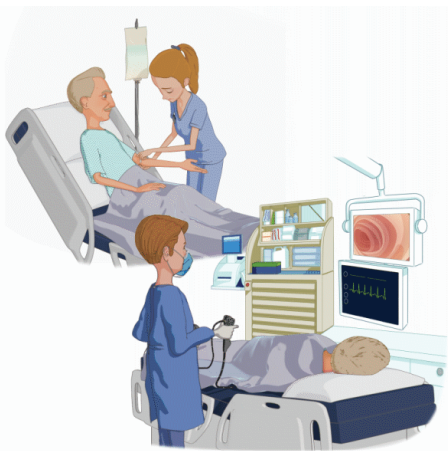
What can I expect?

Before the procedure

Plan to spend approximately 2-3 hours at the facility the day of your colonoscopy. Before the procedure, your medical history will be reviewed by your care team.

Our physicians are members of the clinical faculty of the University of Minnesota and involved in the training of colon and rectal surgeons.

One of these doctors may be with your doctor and participate in your care on the day of the colonoscopy.



During the procedure

During the procedure you will receive sedation medication to keep you safe and comfortable.

Some patients sleep through the procedure, while others remain awake and alert. If abnormal tissue or polyps are found the physician may remove them for closer exam or biopsy.

Medications

The medications given during the procedure will prohibit you from driving for the rest of the day. You may return to your regular diet on the same day but alcohol should be avoided until the day after your procedure.

You may resume most of your regular activities the day after your procedure; however you are advised to avoid air travel for 24 hours following your procedure.



After the procedure

The physician will talk with you about the results of the procedure. All polyps and tissue samples removed during the procedure will be sent to a lab for a Pathologist to evaluate.

It typically takes seven (7) days for us to get the results. We will contact you with the results as soon as we get them.



Discomfort & Cramps

You may have some discomfort, cramping or bloating, which is normal and should disappear quickly by passing gas.

Cancellations or Rescheduling

If you must cancel or reschedule your appointment, please call our office **three (3) business days prior to your procedure and before 3:00 PM** to avoid cancellation fees.

Burnsville/Edina: (651) 312-1700
Coon Rapids: (651) 312-1717
Minneapolis: (651) 225-7855
St. Paul: (651) 312-1620



Transportation after your Colonoscopy

You must arrange for a ride for the day of your procedure with a responsible adult.

If you fail to do so your procedure will be canceled and rescheduled.

Other Important Information



Avoid alcohol 24 hours before and after your procedure



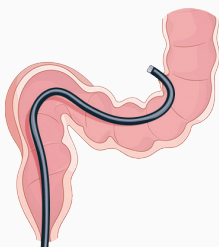
Do not fly 24 hours after your procedure



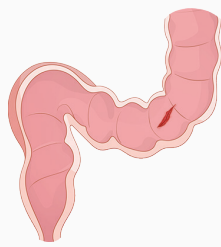
You may not drive for 24 hours after your procedure

Possible, yet rare complications that could occur

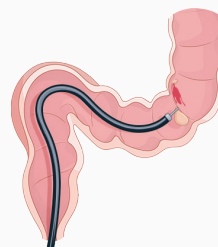
Colonoscopy and Polypectomy are associated with very low risk when performed by doctors with special training and experience doing these endoscopic procedures. Risks from the procedure include perforation, tear through lining of the colon, or bleeding from the biopsy or polyp removal site.



Perforation



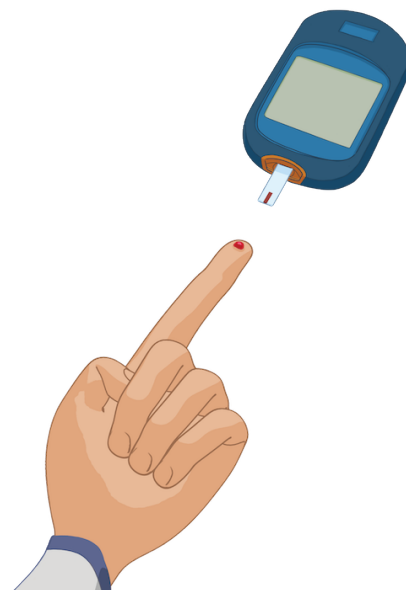
Tear Through



Bleeding from biopsy or polyp removal site

Patients with Diabetes

If you have diabetes, ask your regular doctor at least five days before the procedure for diet and medication restrictions related to prescribed colonoscopy prep.



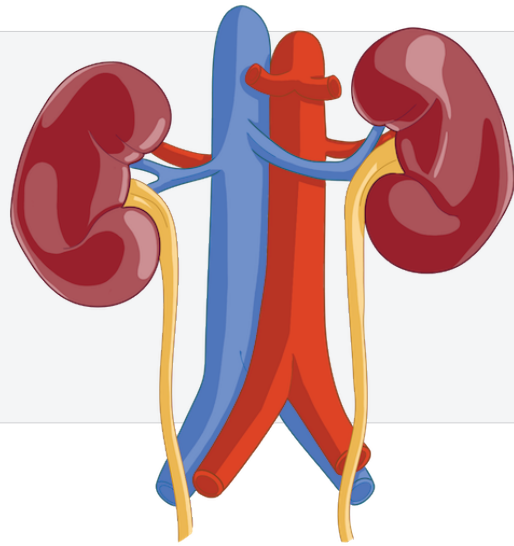


Insulin

If you use insulin, check with the ordering physician for when to continue this medication.

Patients with Kidney Disease

If you have renal disease, discuss when you should stop the medication with your primary physician.



Patients that are pregnant

If you are or may be pregnant, please discuss the risks and benefits of this procedure with your doctor.

7 DAYS BEFORE

Colonoscopy // CRSAL



Preparations

Pick Up Your Prescription

Fill your prescription for **prep** that was electronically sent to your pharmacy and **Zofran** if prescribed.

Colonoscopy Prep Materials:

- Fill your prescription for **GoLYTELY/PEG** that was electronically sent to your pharmacy
- **Zofran** for anti-nausea, if prescribed for you (**follow the directions provided with the prescription**).



Stop taking ALL Vitamins and Herbal Supplements

You do not need to stop taking:

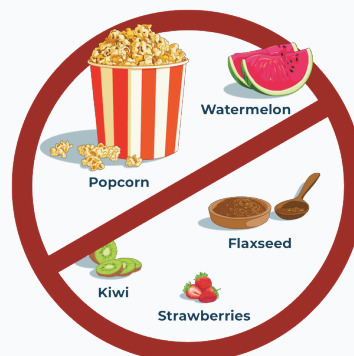
Allergy Medication	Blood Pressure Medication
Antidepressants	Hormone Replacements
Cholesterol Medication	Nasal Sprays
Eye Drops	Thyroid Medication
Heart Medication	

Prepare for Diet Changes

Try to avoid eating foods with **small seeds** for the week before your procedure. For more information, refer to the Diet Recommendations appendix.

A few examples of small seeds are:

- Flaxseed
- Watermelon
- Strawberries
- Kiwi
- Popcorn
- Fennel



5 DAYS BEFORE

Colonoscopy // CRSAL



Preparations

Medications to Stop

If you take **any blood thinners** you **MUST Contact** the prescribing physician regarding instructions for stopping these medications before your procedure.

YOUR PROCEDURE MAY BE CANCELED if you do not do so.

Stop taking the following:

- **Plavix (Clopidogrel)**
- **Coumadin/Warfarin**



3 DAYS BEFORE

Colonoscopy // CRSAL



Preparations

Start a low-fiber diet

A low fiber diet helps make the colon cleansing more effective. Refer to the Diet Recommendations appendix for full suggestions on what foods to eat.



2 DAYS BEFORE

Colonoscopy // CRSAL



Preparations

Medications to Stop

If you take blood thinning medication (like the below) and have not spoken to your prescribing physician about stopping them, your procedure may be cancelled. Please contact your prescribing physician as soon as possible.

Stop taking the following:

- Arixtra®/ Fondaparinux
- Eliquis®/ Apixaban*
- Pradaxa®/ Dabigatran*
- Savaysa® / Edoxaban*
- Xarelto® / Rivaroxaban*



*** Stop earlier if renal disease**



Continue your low-fiber diet

A low fiber diet helps make the colon cleansing more effective.

Refer to the Diet Recommendations appendix for full suggestions on what foods to eat.

Stop Solid Food at 11:45pm

Drink at least 8 glasses of water throughout the day.



1 DAY BEFORE

Colonoscopy // CRSAL



Preparations

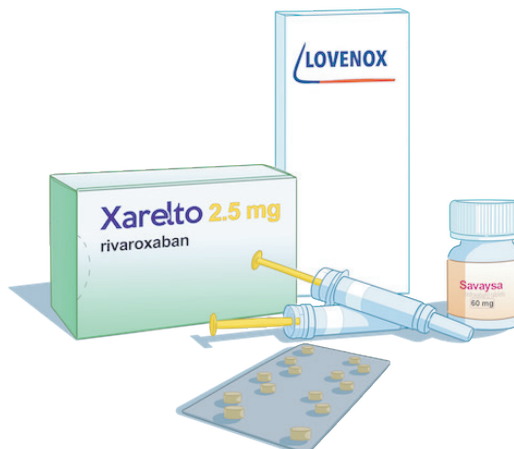
Medications to Stop

If you take any blood thinners you **MUST contact** the prescribing physician regarding instructions for stopping these medications before your procedure.

Stop taking the following:

- Lovenox

If you have **not** stopped this medication, please contact our office.

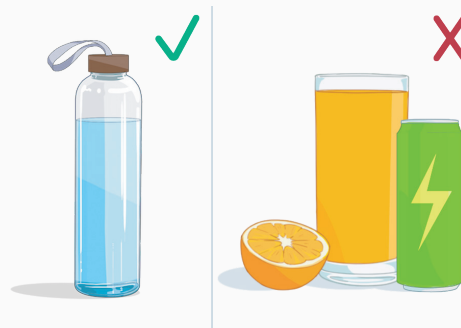


In the morning

Begin clear liquid diet (clear liquids include things you can see through). Drink at least 8 glasses of water throughout the day.

Examples of clear liquids:

Water and tea	Sprite, 7-Up, Ginger ale
Clear broth/bouillon	Fruit juice without pulp
Gatorade or Powerade	Jell-O and popsicles
Non-cola soft drinks	



What **NOT** to drink

The following are **NOT** allowed on a clear liquid diet:

Red or purple liquid	Applesauce
Alcohol	Oatmeal
Coffee	Mashed potatoes
Dairy products	Juice with pulp
Protein shakes	Chewing gum
Cream broths	Chewing tobacco



At 5:00 PM

Drink one (1) 8 ounce glass of the Golytely®/PEG solution every 10 minutes until half the bottle (approximately 8 - 8 ounce glasses) is gone.

TIPS:

Drink adequate amounts of fluid before and after Golytely®/PEG preparation to prevent dehydration.

Stay near a bathroom because you will have diarrhea and may need to use the toilet frequently.

Using the bathroom & taking precautions

Even if you are sitting on the toilet, continue drinking the Golytely®/PEG preparation. Apply A+D® ointment or Vaseline® to the anus to prevent irritation if needed.

If you feel nausea or are vomiting rinse your mouth with water, and slow down drinking the prep to 8 ounces every 30 minutes.



Day of Appointment / Evening Prior



Four hours prior to your procedure

Drink the remaining Golytely/PEG solution every 10 minutes until the solution is gone.

Three hours prior to your procedure

STOP DRINKING ALL LIQUIDS

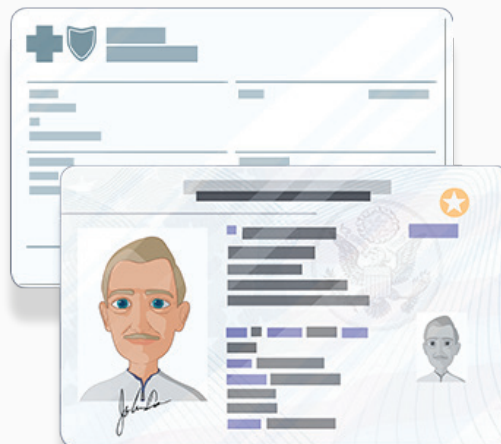
Do not take anything by mouth during this time

Allow extra time to travel to your procedure as you may need to stop to use the bathroom along the way

What to Bring to Your Procedure

Please remember to bring:

- | |
|---|
| Insurance card or Photo ID |
| List of current medications, including over the counter medications and supplements |
| Rescue inhaler, if you currently use one to control asthma |
| Contact lens supplies (you may be asked to remove them prior to the procedure starting) |
| Advance Directive, if you have one |
| Extra stoma bag and supplies, if you use one |



Appendix: Diet Recommendations

Breads, Cereals, and Grains

Recommended	Avoid
Cereals without whole grains, added fiber, seeds, raisins, or other dried fruit	Bran
	Brown or wild rice
	Coconut
Crackers, zwieback, melba, and matzoh without wheat/grain (no cracked wheat or whole grains)	Graham crackers
	Granola
	Kasha (buckwheat)
	Nuts and small seeds
Plain pasta or noodles	Wheat germ
Pretzels	Whole grains, cracked grains, or whole wheat products
White bread/toast, waffles, plain rolls	
White flour, white rice	

Fruits and Desserts

Recommended	Avoid
Canned fruit without seeds or skins (not pineapple)	All berries, figs, dates, and raisins
	Prune juice and prunes
Melons, except watermelon	Raw or dried fruit
Ripe Bananas	
Sherbet and popsicles	
Strained or clear juices	

Other Foods and Condiments

Recommended	Avoid
Clear jellies	Marmalade
Hard candy, marshmallows, plain chocolate	Pickles, olives, relish, and horseradish
Margarine, butter, creams, and oils	Popcorn
Mayonnaise and mild salad dressings	Potato Chips
Plain gravies, bouillon, and broth	
Sugar, honey, and syrup	

Vegetables

Recommended	Avoid
Strained vegetable juices without pulp or spices	Raw or steamed veggies
	Vegetables with seeds
	Sauerkraut
Tender, well-cooked fresh or canned vegetables without seeds, stems, or skins	Winter Squash
• carrots	Peas
• green or wax beans	Broccoli
• spinach	Brussel Sprouts
• lima beans	Cabbage
• pumpkin	Onion
• asparagus tips	Cauliflower
	Peas
	Corn

Milk and Dairy

Recommended	Avoid
Cheese and cottage cheese	Yogurt with seeds, berries, or nuts
Cream sauces, soups, and casseroles	
Custard or pudding	
Ice cream or frozen desserts (without nuts)	
Milk, plain or flavored	
Sour Cream	
Yogurt without seeds or granola	

Meat and Other Proteins

Recommended	Avoid
Peanut butter without nuts	All beans, nuts, peas, lentils, and legumes
Eggs	Processed meats, hot dogs, sausage, cold cuts
Ground, well-cooked tender beef, lamb, ham, veal, pork, fish, poultry, and organ meats	Tough, fibrous meats with gristle