



Adult Gastroenterology, Hepatobiliary & Pancreatic Disorders

## What is a Colonoscopy and Polypectomy?

The colonoscopy procedure permits examination of the inside of the large bowel (colon) with a flexible instrument that has a light at its end. A polypectomy is a process to remove a polyp (growth of tissue inside the large bowel).

### Health Warning

It may be necessary to administer tests to check for clotting factors in your blood. If you take aspirin or aspirin-like drugs, please stop taking them at least three (3) days before your test. If you take Coumadin or other blood thinners (Plavix or Fragmin), have a cardiac defibrillator or have heart valve problems, please contact the physician scheduled to perform your procedure at least seven (7) days prior to your examination date.

## Preparing for the Test

### One-Two Days Before

It is important that the colon be adequately prepared prior to your colonoscopy. Proper preparation will ensure that all stool is removed from your large bowel, and will permit a thorough examination and safe polypectomy (if planned).

As part of the preparation, you may have only a clear liquid diet during the entire day before your examination. Clear liquids consist of:

- Clear soups (bouillon or broth)
- Jell-O (without fruit, not red-colored)
- Clear fruit juices
- No dairy products may be taken

There are several options for preparing the bowel.

### Using Colyte, Golytely, NuLytely or equivalent solutions

The evening before your examination, drink 1 gallon of a special solution called Golytely, available at any pharmacy. Mix it according to the instructions on the packet. Start drinking it around 4 p.m. to 6 p.m. You should finish drinking it within 3 to 4 hours.

Note: Individual responses to laxatives do vary. This prep may cause multiple bowel movements. The prep often works

within 30 minutes; however, it may take as long as 3 hours. Please remain within easy access to rest room facilities.

### Using Fleet® Phospho-Soda®

\*If you have kidney disease, **DO NOT** use this bowel preparation. Contact your physician regarding an alternate solution.

**Two days before the procedure**, take 3 (orange) Docolax pills at 7 p.m. You can purchase Docolax pills over the counter at any pharmacy.

You will need to obtain (2) 1-1/2 fluid oz. bottles of Fleet Phospho-Soda (any flavor) at any pharmacy. Fleet Phospho-Soda is also available in 3 fl. Oz. size. **If the larger size is purchased, do not exceed the recommended dosage given in instructions, as serious side effects may occur.**

You can choose option A or B for taking the Fleet:

- **Option A: Morning Option** – take 1 bottle of Fleet at 10 a.m. and 2 bottles of Fleet at 8 p.m.
- **Option B: Evening Option** – take 1 bottle of Fleet at 6 p.m. and 1 bottle of Fleet at 10 p.m.
- **With both options**, add 1-1/2 fl. Oz. (3 tablespoons) of Fleet Phospho-Soda to one-half glass (4 fl. oz.) of cool water and drink
- Follow with one full glass (8 fl. oz.) of approved “clear liquid”
- Drink at least 3 more 8 fl. oz. portions of “clear liquids” before bedtime; more if desired

### The Day of the Test

Take your regular medications on the morning of the test, except for insulin, diabetic medications or others mentioned under “Health Warning”.

## What to Expect during the Examination

You will receive medication to relax you and allow the examination to be completed with minimal discomfort. If necessary, a biopsy (specimen of tissue) may be taken through the instrument.

Polypectomy (removal of a polyp) may also be performed through this instrument.

The medications used to relax you are sedatives and make driving hazardous. You should make arrangements to have someone come with you to drive you home after the test is completed.

**IF YOU DO NOT BRING SOMEONE TO DRIVE YOU HOME, THE TEST CANNOT BE PERFORMED.**

Sedatives ADMINISTERED MAY Include Demerol and Versed (a form of Valium) or others unless you are allergic to any one, in which case, other medications will be substituted.

## After the Test

After your examination is completed, you will be allowed to rest for a period of approximately one (1) hour, after which you may leave with your companion.

You may experience some drowsiness as a result of the medications, and may also note gas and bloating for the remainder of the day and night. These symptoms will gradually disappear as time goes on.

Should you feel an increasing amount of pain and/or bleeding, contact our clinic at 713.574.6220 as soon as possible.