

Preparing for Your Gastroenterology Procedure

Name: _____

You are scheduled to have a Colonoscopy on:

Date: _____ **Time:** _____ **AM/PM**

- Please review all instructions in your packet before the procedure.
- Contact your insurance company prior to your appointment date to check benefit coverage and copays for your procedure.
- Complete the health history form and bring it with you to your appointment (new patients only).
- Make sure you have a ride for procedure day. You must have a responsible adult accompany you to your appointment and escort you home.
- Arrive 1 hour prior to your appointment.
- Check in at the registration desk on the day of your appointment. Please allow enough time for traffic and parking to check in on time for your appointment.
- Be sure to bring: Escort Insurance card Photo I.D.
- Please plan to spend two to four hours in the Gastroenterology department.
- Billing Issues: In general, preventative procedures do not incur a patient responsibility. If within your procedure, the provider must do additional testing such as biopsies, the procedure is no longer preventative. In this case, patient responsibility such as copay, deductible, and coinsurance may apply.
- However, if a polyp needs to be removed or biopsies need to be done during the colonoscopy then, by law, we are obligated to use the code for “colonoscopy with polypectomy” or “colonoscopy with biopsy”. In such cases, deductibles, copays, and coinsurance may apply. Please consult with your insurance company for details.
- Where to check in (directions and a map can be found at ubmd.com) Select a location:

Buffalo General Medical Center
100 High Street
Buffalo, NY 14203
Phone: (716) 256-3000
Fax: (716) 859-2931

Erie County Medical Center
462 Grider Street
Buffalo, NY 14215
Phone: (716) 256-3000
Fax: (716) 898-3391

Report to the Admissions on the 1st Floor. After registration is complete, take the “A” elevators to the 6th Floor, GI Lab.

Report to the GI Endoscopy Unit located on the 1st Floor, Suite 133 behind the escalators.

ⓘ Cancellations must be made 24 hours prior to your appointment to avoid a “no show” fee of \$50.

Colonoscopy Instructions |Go-Lytely - Please read and follow these instructions carefully.

3 Days Before Your Colonoscopy

- Pick up your prescription for your colon prep.
- Meals and snacks - although some patients dislike the low-fiber diet (see below), it is important to follow the low-fiber diet. If you become constipated on the low-fiber diet, we suggest you take a standard 17g dose of Miralax (available over-the-counter) every day as needed. On the morning of the procedure, if you are diabetic and feel that you are suffering from low blood sugar, you may drink small amounts of apple juice to keep your blood sugar up.
- Low Fiber Food Items OK to Eat:
 - Milk, Dairy Products: Milk based products such as cheese, cottage cheese, plain yogurt, sour cream, custard or pudding.
 - Breads, Grains: Plain rolls, bagels, muffins (no bran or whole wheat), pasta, and Cheerios.
 - Meat, Fish, Poultry, Protein: Tender beef, ground beef, chicken, pork, eggs, fish and plain peanut butter.
 - Fruit: Soft canned or cooked fruit without seeds or skins.
 - Vegetables and Potatoes: Canned vegetables without seeds, stems or skins.
 - Fats and Oils: Butter, margarine, oil, mayonnaise, salad dressings (without seeds or nuts).
 - Miscellaneous: Sugar, salt, jelly, honey, syrup, lemon juice.

1 Day Before Your Colonoscopy

- Do not drink any liquids containing red dye/coloring.
- Do not drink any liquids not specifically listed.
- Do not drink Alcohol.
- Mix Go-Lytely according to package directions and refrigerate.
- Begin a clear liquid diet. Drink at least 4 to 6 glasses of water or clear liquids throughout the day:
 - Water, coffee or decaffeinated coffee (no milk or cream)
 - Tea, herbal tea
 - Carbonated beverages (soft drinks), regular and sugar-free
 - Gelatin dessert (Jell-O), plain or fruit flavored (no red gelatin)
 - Apple Juice, Juicy Juice, Lemonade, and Limeade
 - Powdered drinks, such as Gatorade, Power Aid, Crystal Light, and Kool-Aid
 - Flavored water-ice, popsicles
 - Hard candy, sugar, salt
 - Chicken, vegetable, and/or beef broth only
- 4 p.m. - 5 p.m. Begin drinking Go- Lytely every 15 minutes until you finish 3/4 of the bottle (3 liters).
- Try to finish by 9:00 pm.
- Nothing by mouth after midnight.

Procedure Day

- Take your usual medications (especially blood pressure and chronic pain medications) with a sip of water.
- 3 hours before leaving home - drink a glass of Go-Lytely every 15 minutes until you finish the bottle (1 liter).
- 2 hours before check-in time – nothing by mouth.

Medications

- **10 days prior to your procedure:** If you are on blood-thinning or iron medications, please refer to the table below regarding medication instructions.

| Medications | Instructions |
|--|--|
| Aspirin Plavix (Clopidogrel) Coumadin (Warfarin) Pradaxa (Dabigatran Etexilate) Lovenox (Enoxaparin) | CAUTION: *Speak to your Primary Care Physician or Cardiologist and ask if you can safely stop these medications. If you cannot stop any of these medications, please contact us at (716) 256-3000 immediately to discuss your options. <i>*It may not be necessary to stop all blood thinners before your procedure.</i> |
| Iron (Ferrous Sulfate) | Stop taking iron five days prior to your procedure. You may resume iron supplements the day after your procedure. |

Diabetes

- If you are diabetic, please call your diabetic care provider regarding further instructions on your diabetes medications.

Tips for Preparation

- Tucks medicated pads help relieve anal soreness during bowel preparation.
- Refrigerating the Go-Lytely and using a straw may make it easier to drink.
- Please follow these instructions instead of any instructions that might have come with the Go-Lytely package.
- If nauseated, slow down the rate of drinking to one glass of Go-Lytely ever 30 to 60 minutes.
- If you are only able to drink and keep down less than half of the bowel prep, it is unlikely that you will have a sufficiently clean colon. If this applies to you, you should call us at (716) 256-3000 the morning of the procedure because we may have to reschedule your procedure with a different prep.

The Colonoscopy Experience - Step-By-Step

1. Post Procedure: You will remain in the recovery area until you are ready for discharge (usually after 30 minutes). You may feel bloating or mild abdominal cramping. Expelling the air in your colon will help you feel more comfortable. You will be discharged when you are alert and stable. The doctor or nurse will speak to you about your plan of care. Remember you must have an escort drive or accompany you home. You may return to work the morning after your colonoscopy (NOT the evening of the colonoscopy).
2. After you go home: Contact us or go to your local emergency room if you experience:
 - Fever and/or chills.
 - Significant bleeding that makes the entire toilet bowl red.
 - Severe abdominal pain that does not improve after passing gas.

You may not have a bowel movement for two to five days after your colonoscopy.

Test Results Notification: If biopsies are taken, you will be notified of the results in seven to 10 days. Please note that if the findings are serious, you will be notified earlier.

Facts about Colonoscopy Procedures

Understanding Colonoscopy

During colonoscopy a long, thin, flexible tube is passed into your rectum. A camera on the end allows the doctor to examine your colon on a monitor. If polyps or abnormal tissue are found, the doctor can use tools on the end of the scope to remove or take biopsies of the polyp(s) or area(s). This is an outpatient procedure.

Colonoscopy is used as a cancer screening test and also to evaluate gastrointestinal symptoms such as bleeding, abdominal pain and changes in stool or bowel habits. Complications are extremely rare during colonoscopy, but can include bleeding, perforation, heart and lung problems associated with the sedation or anesthesia, and missed colon lesions.

Benefits of Colon Screening

Colon cancer is one of the most common types of cancer in men and women, and is a leading cause of death in the United States. The good news is that colon cancer and precancerous polyps can often be detected early through routine screening. Colonoscopy is the test of choice among gastroenterologists for the early detection and prevention of colon cancer.

Colon cancer often develops from precancerous polyps. Colonoscopy screening allows diagnosis and removal of polyps to occur promptly and this can significantly decrease your risk of colon cancer. If colon cancer is found early, it is highly treatable.

Understanding Polyps

Colon polyps are small growths on the inside of the large intestine. Polyps can be found in other areas of the gastrointestinal tract, but are most common in the colon. Some polyps are precancerous, meaning they have the potential to cause cancer if not removed. Most of the time, colon polyps do not cause symptoms, so you may not know you have them.

Colonoscopy is the most accurate test for detecting polyps, but it is not a perfect test. Due to the corners and “blind spots” in the colon, even for competently performed colonoscopy there may be a 5 to 10 percent miss rate for polyps.

Please call (716) 256-3000 if you have any additional questions or concerns.