

COLONOSCOPY – GUIDELINES

**PLEASE READ COMPLETELY AT LEAST ONE WEEK PRIOR TO YOUR PROCEDURE
AND CALL OUR OFFICE AT 985-446-1958 TO SPEAK TO A NURSE TO DISCUSS ANY QUESTIONS/CONCERNS.**

MEDICATIONS

- **Do not take any medication by mouth the morning of your procedure.** It is okay to continue to use your inhaler – and we would like for you to bring your inhaler with you.
- If you take any **PRESCRIPTION BLOOD THINNERS**, **please inform us immediately** – you will need clearance from the physician who prescribed the medication to stop taking them prior to your procedure. We can help you to obtain the clearance.
- Please continue to take your routine medications as scheduled up until midnight the night before your procedure.

GENERAL INFORMATION

Please inform us as soon as possible before the date of your procedure if you have any of the following: Internal defibrillator, Latex allergy, Home Oxygen

DIABETIC GUIDELINES

- INFORM THE PHYSICIAN TREATING YOU FOR DIABETES OF YOUR UPCOMING PROCEDURE
 - Please discuss any insulin recommendations with the prescriber of your insulin.
- The morning of your test, do not take your diabetic medication. Check your blood sugar at home before your appointment. Report the result to the nurse who takes you in to the procedure area.
- Use sugar free drinks for liquids (like Crystal Light) during the prep to avoid increase in blood sugar. Monitor your blood sugar closely during your prep to prevent low blood sugar.

HELPFUL TIPS

- Drinking the prep through a straw and chilling the solution may improve tolerance.
- Use baby wipes instead of toilet paper. Have Vaseline or Desitin handy.

DRIVING / ACCOMPANYING ADULT

You will be sedated and cannot drive, or use a taxi/bus after the procedure. An adult must accompany you – preferably a family member. **This person must remain in our office the entire time of your visit.** If this is not followed, your procedure may be cancelled.

RESULTS

If a biopsy is taken, the results may take a week to come in and be reviewed by your physician. Once reviewed, a nurse will call you to explain the results and give you further instructions.