

## COLONOSCOPY

### IMPORTANT INFORMATION

Please read this information now so you will be prepared for your examination.

1. **Seven (7) Days Before Your Exam:**

- **STOP** using any **iron** and **fiber** supplements.
- If you are taking blood thinner medications, have a pacemaker or defibrillator, call our office and speak to a nurse.
- Continue your other medications.

2. **Three (3) Days Before Your Exam:**

- **STOP** eating popcorn, seeds, raw fruits, raw vegetables and nuts. Cooked fruits and vegetables may be eaten.
- If you have diabetes and are taking insulin, consult your diabetes physician for the correct dosage to take on the day of your exam.
- **YOU MUST ARRANGE A DRIVER WHO WILL STAY WITH YOU AND DRIVE YOU HOME.** Please inform your driver this will take about 2 hours.

3. **On the Day Before Your Exam:**

- **NO FOOD** on the day before your procedure. Follow the clear liquid dietary instructions on the preparation sheet enclosed.

4. **On the Day of Your Exam:**

- **Continue to ONLY** follow the colon preparation instruction sheet enclosed.
- **DO NOT** follow the instructions given by your pharmacy.
- **NO FOOD.** Continue on a clear liquid diet until 3 hours before your exam, after that nothing by mouth until after your exam. **DO NOT** use chewing tobacco, gum, lozenges, candy or breath mints.

5. **On the Day of Your Exam, Please Bring:**

- Medication list, including dosage
- Allergy list
- Medical problems and surgery list
- Insurance cards and photo ID
- Inhaler, if you use one

**Approved Clear Liquid Diet List:**

- Clear fruit juices without pulp, water, tea, black coffee, low sodium clear broths, Jell-O™, in lemon, lime or orange flavors, popsicles, Kool-Aid™, Tang™, Crystal Light™, Gatorade™, soda pop.
- **NO FOOD PIECES, NO PULP, NO RED FLAVORING OR DYES.**

**Examination scheduled for:**

Day \_\_\_\_\_

Date \_\_\_\_\_

Arrival Time \_\_\_\_\_ AM / PM

Though the exam takes about 30 minutes, plan to be with us for about 2 hours.

**Your Examination Location:**

☐ **Fogel Endoscopy Center**

34503 9th Ave, S., Suite 240, Federal Way, WA 98003  
p. 253.838.9839

☐ **Peninsula Endoscopy Center**

2727 Hollycroft St., Suite 480, Gig Harbor, WA 98335  
p. 253.858.0112

☐ **Puyallup Endoscopy Center**

1703 S. Meridian, Suite 203, Puyallup, WA 98371  
p. 253.841.3933

☐ **Silverdale Endoscopy Center**

3261 NW Mt Vintage Way, Suite 221, Silverdale, WA 98383  
p. 360.479.1952

☐ **Sunrise Endoscopy Center**

11216 Sunrise Blvd, E., Suite 3-201, Puyallup, WA 98374  
p. 253.770.3700

☐ **Waldron Endoscopy Center**

3209 S. 23rd Street, Suite 200, Tacoma, WA 98405  
p. 253.272.5127

☐ **Auburn Regional Medical Center - Admitting**

202 N. Division Street, Auburn, WA 98001  
p. 253.833.7711

☐ **Frank S. Baker Center - Gastrointestinal Study Unit**

316 MLK Jr. Way, Tacoma, WA 98405  
p. 253.403.1361

☐ **Good Samaritan Hospital - Admitting**

407 14th Ave, SE., Puyallup, WA 98371  
p. 253.697.4000

☐ **Medical Park at Covington - Patient Registration**

17700 SE 272nd Street, Kent, WA 98042  
p. 253.639.9660

## COLONOSCOPY (TC)

### COLONOSCOPY

Colonoscopy is an examination of the large intestine. A narrow, flexible instrument called a colonoscope is used. It allows visualization of the lining of the colon. The examination takes about 30 minutes.

### ON THE DAY OF YOUR EXAM

Check in at the location indicated on the front side of this pamphlet.

- When you arrive, you will check in with the receptionist, who will verify and have you sign all your registration information, copy your insurance cards and photo ID, and collect any co-payments due.
- A nurse will discuss your medical history. Please let the nurse know if you are allergic to any medications. The nurse will take your temperature, pulse, blood pressure, and will place a small intravenous (IV) catheter in your arm vein for sedative medications to be given. You will be asked to undress and put on a patient gown.
- You will be asked about your transportation person. **YOU MUST HAVE A DRIVER ARRANGED WHO WILL STAY WITH YOU AND DRIVE YOU HOME.**
- You will be asked to sign a consent form authorizing the physician to perform the procedure.

### THE EXAMINATION

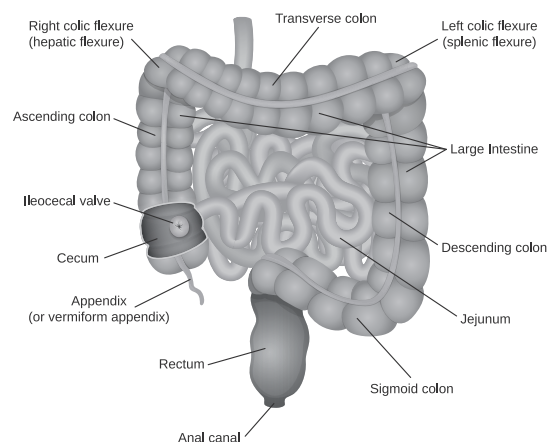
- Each step will be explained to you.
- You may leave your dentures in place. Your eyeglasses will be removed. A nurse will help you to get comfortable lying on your left side.
- The doctor will examine your rectum with a gloved, lubricated finger. The doctor will insert the lubricated flexible colonoscope. This may give you a mild sensation of wanting to move your bowels. As the colonoscope is carefully advanced through the colon, the doctor will examine the bowel lining thoroughly.
- You may feel some cramping or gas due to the air the doctor uses to open up the folds of the colon. Breathing deeply and slowly will help you to relax. You may be asked to change positions during the procedure to assist in passage of the colonoscope.
- A biopsy specimen (a tiny bit of tissue) may be taken for microscopic examination. If you have a polyp, it may be removed by electrocautery through the colonoscope. You will not feel any sensation or discomfort when the biopsy is performed or the polyp is removed. If bleeding is seen, it may be controlled by thermocoagulation (heat) and/or the injection of medication. Photographs may be taken.

### RISKS

Colonoscopy is a low risk procedure when performed by a competent specialist. However, all of the following complications are possible:

- Perforation (tearing) or bleeding of the gastrointestinal wall.
- Phlebitis of the vein due to irritation from the sedative medication at the injection site.
- Other risks include drug reactions or complications from other medical problems you may already have.
- Instrument failure or death are extremely unlikely but remain remote possibilities.

### Structure of digestive organs



### AFTER YOUR EXAMINATION - BEFORE YOU GO HOME

- You will be observed closely by the nurses until you are awake.
- You may feel some bloating from the air inserted during the procedure. You will feel more comfortable if you expel this air.
- Many people do not recall the procedure because of the sedative medication.
- The doctor will speak with you before you leave.
- When the nursing staff assesses that you are ready to leave, you will be given final instructions.
- When you leave, **it must be with your transportation person.**

### AFTER THE EXAMINATION - AT HOME

After you leave the outpatient center or hospital:

- Do not drive, drink alcohol, sign legal documents or operate mechanical equipment until the next day.
- You may eat and resume your normal activities as you feel able, unless otherwise instructed.
- Walking, a warm bath, drinking warm fluids, or lying on your left side with knees drawn up will help you to pass any air remaining in your colon.
- This procedure may preclude travel, strenuous exercise, and heavy lifting.

### RESULTS

- Preliminary findings will be discussed with you after you are awake.
- A full report will be sent to your primary and/or referring physician.
- Biopsy and polyp results are usually available in 7-10 working days. At discharge, you will be told how you will receive your results.
- Your primary and/or referring physician will receive a report from the laboratory.

**If you have any questions or concerns, please contact us before and after your examination. It is important to us that you understand the examination and the results.**