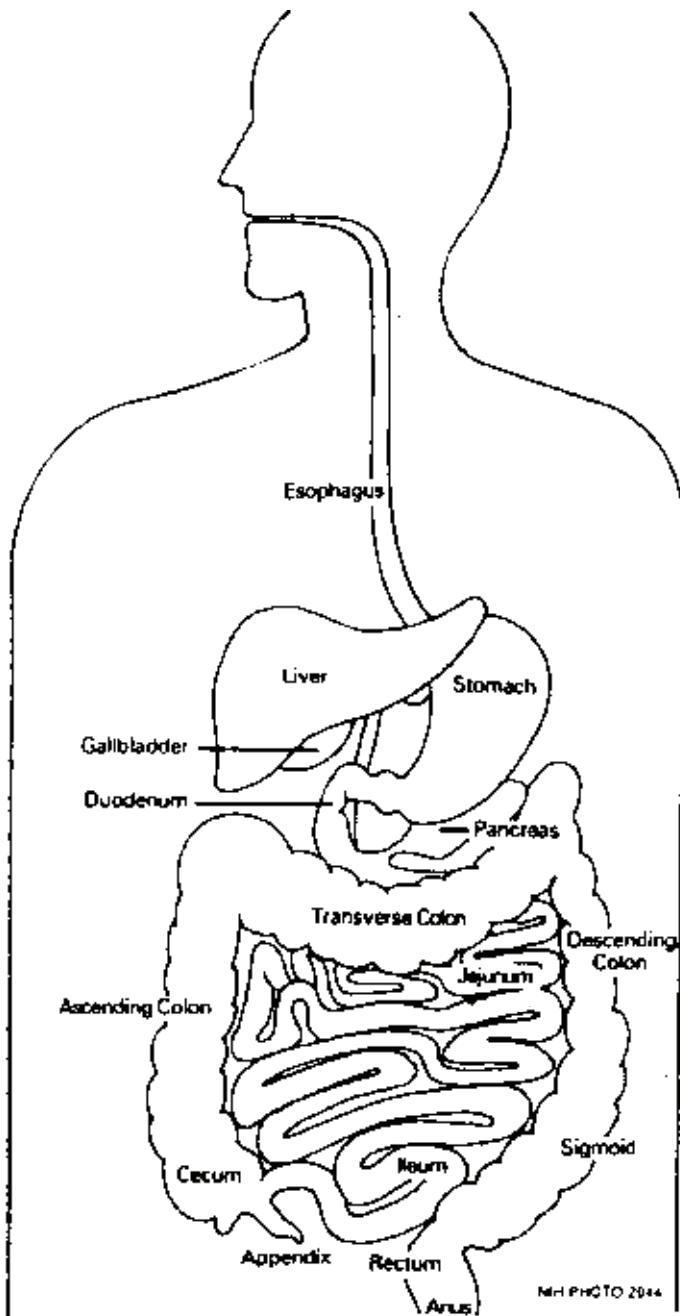


About your Colonoscopy

- You have been scheduled for a colonoscopy on _____ by your doctor.
- If you have been referred to the GI lab for this test, you will be called or you will get a letter to let you know about your appointment. Usually, you will hear from us in about 2 - 3 weeks after your referral has been sent to the GI lab. If you do not hear by then, call the GI Lab at 214-590-8839.
- On the day of your test**, come to the GI Lab on 6 South South of Parkland Hospital. Bring your clinic card. Tell the doctor or nurse about any medicines you are taking.



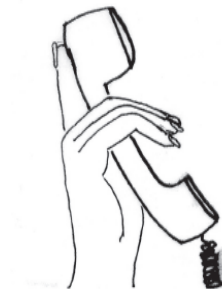
- If you are staying in the hospital, you will be taken back to your room by stretcher or wheelchair.
- If you are going home after after the test, plan to have someone drive you home after the test.
Do not drive until the day after your colonoscopy.
- You will be given written instructions when you are ready to leave that will tell you what to do at home after the test.

When will I find out the results of the test?

- When you wake up, the doctor or nurse will talk to you about the results of the colonoscopy.

If your doctor took a biopsy or other samples from your colon:

- You will be called about the results of your biopsy, usually in 2 - 3 weeks, or else you will be scheduled for a follow-up appointment in the clinic.



If you have any questions,
call the GI lab at
214-590-8839
and ask to speak to a nurse.

and ask questions about your health. The nurse will also ask if you are allergic to any medicine.

- The nurse will start an IV in a vein in your arm. The doctor will give you medicine through the IV to help you relax and feel comfortable during the test.
- The doctor will check your rectum with a gloved finger. Then the doctor will put the flexible endoscope gently into your rectum and push it up into your colon. The doctor will put some air into your colon. This may cause a crampy feeling. The cramping usually goes away in a few minutes.
- You may also feel the nurse pushing against your abdomen (stomach). This pressure helps the doctor push the endoscope up through your colon.

How long will the test take?

The colonoscopy will take about 30 - 45 minutes.

What happens after the colonoscopy?

- As soon as the doctor is finished, the endoscope will be taken out. The nurse will check your blood pressure and pulse, and take you to the Recovery Room on a stretcher.
- You will be sleepy after the test. You will stay in the recovery room until you are awake, about 30 minutes.

About Your Colonoscopy

What is a colonoscopy?

A colonoscopy is a test that will help the doctor find any places in your colon (large intestine or bowel) that may be causing bleeding, pain, or a change in your bowel movements.

For the test, the doctor will put a flexible tube (called an endoscope) into your rectum and all the way up into your colon. Your doctor will be able to see the entire lining of your colon during the test.

What do I need to do to get ready for the test?

Your colon must be clean of all bowel movement so the doctor can see your colon clearly. If your colon is not clean, we will reschedule the test for another day. **You will not be able to drive after the test.** If you are not staying in the hospital, plan for someone to drive you home. Your test will be rescheduled if you do not have someone to drive you home.

If you are taking any **blood thinners**, call the GI Lab and talk to a nurse to find out what you should do.

To clean your colon, follow these instructions:

2 days before your test

- Drink all the liquid in the green bottle (magnesium citrate) at 6 pm on _____.



After drinking this liquid, only eat or drink clear liquids till the test is done.

Clear liquids are:

- tea
- broth
- coffee (black - no milk)
- lemon-lime soda like 7-up or Sprite
- gelatin (jello)
- apple or grape juice



The day before the test

- Eat and drink only liquids in the list above.
- At 5 pm on _____, have a small liquid supper.
- At 6 pm the evening before the test, start drinking the gallon of Colyte. Fill the whole jug with water and mix it well. You can mix the Colyte ahead of time but not more than 24 hours ahead of time. Keep it in the refrigerator, if you like. It tastes better cold.



- Drink one large glass of Colyte every 10 minutes till it is all gone. You should finish the whole jug in 2 hours. It is important to drink it quickly so it will flush through your bowels and clean them out. Do not just sip it.



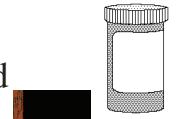
- You may feel mild cramping, or feel full. You may have some chills. This is normal.
- Do not eat or drink anything after midnight.

- If you take insulin, take 1/2 your usual bedtime dose.



The day of the test

- You may take the medicines the doctor told you to take before the test.
- If you take insulin or diabetic pills **do not** take any the morning of your test.
- Bring **all** your medicines with you to the GI Lab on the day of your test.
- If you take blood pressure, heart or seizure medicine, take it the morning of the test with a small sip of water.



What happens during the colonoscopy?

- A nurse will check your blood pressure and pulse,