



CHI Health Colonoscopy Check List

TWO WEEKS BEFORE THE COLONOSCOPY:

- Please stop all herbal or diet medications.

ONE WEEK BEFORE THE COLONOSCOPY:

- Go to the pharmacy listed on the instructions provided by our office.
- Pick up the prescribed colonoscopy prep from the pharmacy (our office has called it in).
- Purchase a small over-the-counter package of Dulcolax/Bisacodyl 5MG tablets (generic is fine)
(Dulcolax/Bisacodyl not needed if prescribed Clenpiq or SuPrep)
- Purchase a small over-the-counter package of simethicone tablets or capsules (generic is fine)
- If you take insulin, talk to your primary care provider about how to adjust your insulin before the procedure.
- Make sure you have found someone to drive you home from your colonoscopy.

5 DAYS BEFORE THE COLONOSCOPY:

- Stop taking the following blood thinners: Coumadin, Warfarin, Plavix, Clopidogrel
- Stop taking iron pills
- Stop eating nuts and seeds.

3 DAYS BEFORE THE COLONOSCOPY:

- Stop eating corn, beans, or any raw fruits or vegetables
- If you are taking any blood thinners not mentioned above, stop them after discussing with our schedulers or your physician.

1 DAY BEFORE THE COLONOSCOPY:

- FOLLOW THE INSTRUCTIONS ON THE PAPERWORK PROVIDED BY OUR OFFICE.**

COLONOSCOPY INSTRUCTIONS

Colyte / GoLytelty / NuLyte / TriLyte Split Dose Instructions

Name: _____

Date: _____

Place of Procedure:

- CHI Health Bergan Mercy, 7500 Mercy Rd, Omaha NE. 68124, Bergan Procedure Center
- CHI Health Lakeside, 16901 Lakeside Hills Court, Omaha, NE. 68130, Main Hospital
- Lakeside Endoscopy Center, 17001 Lakeside Hills Plz, Ste 201, Omaha, NE 68130
- CHI Health Midlands, 11111 S. 84th St, Papillion NE, 68046, Main Hospital, on the 2nd Floor at the ASC
- CHI Health Immanuel, 6901 North 72nd St, 68122, Main Hospital

Time: _____ Registration: _____

Your doctor has ordered a colonoscopy, which is an examination of the colon (large intestine). Before the colonoscopy, our nurses will start an IV. During the examination, you will be positioned on your left side and you will receive medicine through your IV that will make you sleepy and unaware. The doctor will insert a soft flexible tube (colonoscope) into your rectum and pass it along the length of your colon. During the colonoscopy, small tissue samples, called biopsies, may be obtained for microscopic examination. The doctor will also remove polyps, which are small growths that may eventually turn into cancer. Any biopsies or polyps will be removed through the colonoscope. If this is done, you may expect a small amount of blood in your stool for about two days. If there seems to be a large amount of bleeding, contact your doctor as soon as possible. You will be given a printed report with instructions after your colonoscopy is complete. If biopsies are taken or if polyps are removed during your colonoscopy a letter will be mailed to you after 10 business days.

- If you are currently taking medication for diabetes or any blood thinners (e.g., Coumadin or Plavix), please follow your primary care physician's instructions as previously discussed.
- Please stop Iron five (5) days prior.
- If you take insulin, please talk to your primary care provider about how to adjust your insulin before the procedure.

ONE WEEK BEFORE THE COLONOSCOPY:

- Go to this pharmacy: _____
- Pick up the prescribed colonoscopy prep from the pharmacy (our office has called it in).
- Purchase a small over-the-counter package of Dulcolax/Bisacodyl 5MG tablets (generic is fine)
- Purchase a small over-the-counter package of simethicone tablets or capsules (generic is fine)

DIET AND MEDICATIONS INSTRUCTIONS

You will be on a clear liquid diet all day (No solid food at all).

- NO SOLID FOOD, MILK OR MILK PRODUCTS.
- Drink only clear liquids for breakfast, lunch and dinner. Approved clear liquids listed below.
- Water, Strained fruit juices without pulp (apple, white grape, lemonade)
- Clear broth or bouillon (chicken or beef)
- Carbonated or noncarbonated Soft Drinks (7-up, Sprite, Coke, Diets)
- Gatorade, Kool-Aid or other fruit drinks (NO RED OR PURPLE)
- Plain Jell-O (Without Fruit or Toppings) (NO RED OR PURPLE)
- Coffee or Tea ok without any milk or milk products
- Popsicles, hard candies, chewing gum (NO RED OR PURPLE)
- If you are diabetic: Please consume clear liquids that are not sugar free which will give you sugar to assist with your blood sugar. **If you take insulin, please talk to your primary care provider about how to adjust your insulin before the procedure.**

COLON PREP INSTRUCTIONS

THE DAY BEFORE THE COLONOSCOPY:

1. Add tap water to the “fill line” of the jug of colonoscopy preparation.
2. If your prep has flavor packets, do not mix one with the entire jug of solution in case you find you do not like the taste. Rather, add portions of the flavor packets to glasses of solution as you drink it.
3. **At 1PM, take all 4 tablets at once of the 5 mg Dulcolax/bisacodyl.**
4. **At approximately 5:00pm**, start drinking 8 oz. of Colyte every 20 minutes until you have finished $\frac{3}{4}$ of the jug.
5. The prep solution do not help with hydration. Therefore, it is important to drink additional 3-4 cups of water/clear liquids to keep yourself hydrated through this.

Six (6) HOURS BEFORE YOUR COLONOSCOPY:

1. Drink the rest of the prep solution over one to two hours. You will need to finish drinking the prep four (4) hours prior to your procedure time.
2. With the last cup, please take two tablets of simethicone.
3. **THIS VERY IMPORTANT. SET AN ALARM TO HELP WAKE YOU UP IN TIME.**
4. **Once you have completed the second portion of prep, please do not eat or drink anything, including water.**

THE MORNING OF THE COLONOSCOPY:

- If you take medication for your heart or blood pressure in the morning, please take this with just a sip of water.
- If you take medications for diabetes, follow the instructions of your primary care doctor.
- Please report to Registration, at location and time indicated above.
- Please bring with you a list of the medications (name & dosage) that you are taking.

AFTER YOUR COLONOSCOPY:

Due to the sedation which is used during the procedure, you will not be allowed to drive yourself home. Please plan on having an adult accompany you to this procedure. If you plan to take public transportation, you must have an adult accompany you home. The physician will speak with your family or friend directly following the procedure if they are in the waiting room. You may eat what you can tolerate after the exam. Please take it slowly when eating, you will have air that will need to come out.

You may resume normal activities the next day unless the doctor states otherwise.

If you have any questions regarding these instructions or the examination itself, please contact us at CHI Health Clinic - Gastroenterology at 402-717-9800. Thank you for choosing CHI Health!

Frequently Asked Questions:

Question: What if my stool is not clear or light yellow after my second dose of prep?

Answer: Please call after hours at 402-717-9800.

Question: What if I get my prep instructions and I have questions, who do I call?

Answer: Please call 402-717-9800 with any questions, (the MAC office will call you the day before to remind you of your appointment, they will not be able to answer any prep questions.)

Question: What if I feel like I am going to vomit if I drink another glass of prep, or what if I start to vomit while drinking the Prep?

Answer: Stop drinking the prep for 30 to 45 minutes until symptoms subside, then resume.

Question: What if I have rectal discomfort?

Answer: You may apply a petroleum based product or diaper rash ointment to the rectal area.

Question: How long does the procedure take?

Answer: The colonoscopy can be 30 to 45 mins long. You check in 1 hour early and recovery time is about an hour. You will spend between 2 ½ -3 hours with us the day of colonoscopy.

Question: Can I eat after my procedure?

Answer: Usually you may resume your normal diet unless otherwise instructed.

What to Bring:

- Someone to drive you home. **You will be unable to drive home.** Sedation is given during your procedure, please have someone accompany you to the facility that can drive you home safely. This applies even if you are coming by public transportation such as cab service or Shared Mobility service. **If you have not arranged for someone to drive you home, your procedure may be cancelled.**
- Your insurance card and photo ID
- A list of your medications.

What to Wear:

Wear comfortable, loose fitting clothing. Wear flat shoes or tennis shoes. Please leave jewelry and valuables at home.