

Date of Procedure: _____

Doctor: _____

IMPORTANT: if the bowel is not clean when you arrive for your procedure, rather than providing you an incomplete and poor examination, your procedure will need to be rescheduled.



WHAT IS A COLONOSCOPY? A colonoscopy is a procedure that enables your doctor to examine the lining of the colon (large intestine). The instrument used for the procedure is a flexible tube that is gently passed through the anus into the colon. A tissue biopsy may be taken or polyps removed. Colonoscopy is the best test to assess for colon polyps, inflammation, or cancer.



WHAT BOWEL PREPARATION IS REQUIRED? For the procedure to be accurate, the colon must be completely clean. This is achieved by closely following the colonoscopy instructions. The preparation will cause diarrhea in order to clean the colon. A prescription will be provided for the preparation to be purchased at your local pharmacy.



WHAT DO I NEED TO BRING? Wear loose fitted clothing and leave jewelry and valuables at home. You will need to provide ID, a health information card, and payment method if there is a co-pay for the procedure.



HOW LONG IS THE PROCEDURE? On average, the procedure time is between 20-30 minutes. Allow 2-3 hours from your arrival time until it is safe for you to go home. It is important to arrive on time to allow for timely check-in and pre-procedure admission.



WHAT HAPPENS AFTER THE PROCEDURE? The anesthesia used for sedation during the procedure will make you drowsy for several hours following your exam. A friend or family member must drive you home and be present as we review your post-procedure instructions. This process is required by law. Your procedure may be cancelled if a responsible adult is not available to take you home.



DISCUSS MEDICATIONS and any health conditions you may have with your doctor. Your doctor will provide you with instructions for how to appropriately adjust your medications prior to your procedure.

- **Stop medications for diarrhea** (Imodium, Kaopectate) or that contain Iron 7 days prior to your procedure.
- You may take your regular morning medications **except insulin or other medications for diabetes**.



LOCATION: Your colonoscopy will take place at the location listed below.

Ambulatory Surgery Center

Sansum Clinic Pueblo Multi-Specialty Clinic
317 W. Pueblo St, Santa Barbara, CA 93105
Check in 30 mins before procedure time.

- You will receive a phone call from a Pre-Op Nurse **2-3 business days prior** to your procedure.



3 days prior FOOD



3 DAYS PRIOR to your procedure, eat a **LOW RESIDUE DIET**. A low residue diet limits high fiber foods.

HIGH FIBER FOODS TO AVOID INCLUDE:

- Whole grain breads, oatmeal/cereals, granola
- Nuts, seeds, raw/dried vegetables or fruit (NO salads)
- Beverages with pulp
- Nutritional supplements that contain fiber
- Pepper, beans, corn, popcorn

FOODS YOU MAY EAT INCLUDE:

- Cream of wheat/grits, white rice, and refined pasta/noodles
- Cooked fresh/canned vegetables
- Vegetables without seeds including asparagus, beets, carrots, mushrooms, green beans and potatoes without skin
- Bananas, soft cantaloupe, honeydew, avocado
- Chicken, fish, beef, pork, tofu, eggs
- Margarine, butters/oils, smooth sauces and dressings
- Cakes, cookies, pudding, ice cream without nuts or seeds
- Hard candy, popsicles, yogurt and cheese

1 day prior FOOD

1 DAY PRIOR to your procedure, eat only from the WHITE DIET list of foods for breakfast, lunch, and dinner with **FINAL MEAL at 2:00pm**

WHITE FOOD DIET INCLUDES:

- Milk, white colored yogurt (no added fruit), mayonnaise, cream, sour cream, butter and margarine, oil for cooking
- White bread/toast, rice krispies cereal, eggs
- White rice, regular pasta, potatoes (peeled and mashed only)
- Rice crackers (plain), white flour, sugar
- Chicken breast (no skin), white fish fillet (no skin)
- Cheese: cream cheese, cheddar, ricotta, feta, cottage, mozzarella, parmesan
- White chocolate, vanilla ice cream, custard
- CLEAR FLUIDS are allowed: water, soda water, mineral water, ginger ale, sports drinks (except red, purple or blue), lemonade, apple juice, black coffee, tea, Jell-O (not red) or chicken broth.

ONLY CLEAR FLUIDS ARE ALLOWED after the 2:00 pm meal until the procedure.

FOODS NOT ALLOWED:

- Anything not listed above
- Other white colored foods, such as fruit or vegetables, pears, parsnip, cauliflower, onion, high fiber white bread, tofu, coconut, porridge, banana, mushrooms, semolina, couscous, popcorn.

WHITE DIET MENU PLAN EXAMPLE:

Breakfast:	Glass of milk Rice krispies with milk and white sugar	Scrambled eggs and white toast
Morning snack:	Glass of mineral water	Plain rice crackers with cheese
Lunch:	Glass of lemonade	White bread sandwich with sliced chicken breast, cream cheese or mayonnaise.
Afternoon snack:	Plain vanilla yogurt	Vanilla milkshake
Dinner (2:00 pm)	Glass of soda water Vanilla ice cream	White fish fillet with white rice or mashed potato, or regular pasta with diced chicken breast and parmesan cheese, or chicken soup (clear chicken broth/stock) with rice noodles and sliced chicken breast

1 day prior

1 DAY PRIOR to your procedure, you will also TAKE THE COLONOSCOPY PREP MEDICATION. Please follow the instructions.



1 YOUR PREPARATION – PEG-3350

- You will be provided one 24-liter container, with two small boxes including prep powder pouches.

2 PREPARING YOUR BOWEL PREPARATION

- Fill the PEG-3350 container with water to the indicated line on the side of the bottle, and shake well.



3 DRINKING YOUR BOWEL PREPARATION

- Drink **Dose 1** of PEG-3350 at **6:00 pm the night before your procedure**, as prepared above. Drink the first half of the container about 8 (8oz cups) in one hour.
- Until bedtime, drink as many clear liquids as desired.

Dose 1



4 DRINKING YOUR BOWEL PREPARATION

- Drink **Dose 2** of PEG-3350 **4 hours before your procedure**, prepare as shown above for the first dose. Fill the bottle with the second box containing pouches A, B and flavor pouch. Add water to the fill line on the bottle. Drink entire bottle within the first hour.
- You may drink water up until 2 hours before your procedure.

WHAT TO EXPECT

- You will develop significant diarrhea after drinking the preparation, so plan to be near a bathroom. This is normal, as this means the medication is working to clear stool from your colon.
- Most patients will feel mild bloating and abdominal cramps. This is normal.
- A successful prep will cause you to have clear yellow liquid stools. Please finish your preparation regardless of your stool color.
- If you are feeling nauseous, wait 15 minutes before trying to drink again. Be sure to drink fluids (e.g.: Gatorade or Pedialyte) with electrolytes to prevent dehydration (no red, purple or blue liquids).
- If you are having trouble with nausea or vomiting after taking the prep, call the **Gastroenterology Department** at **(805) 898-3120** and ask to speak with a GI lab nurse for advice.

Having difficult tolerating the PEG-3350?

For many patients, the taste and tolerability of the preparation is a challenge. However, it must be consumed. Here are some methods that have been helpful for patients:

- Chill the solution in the refrigerator overnight before time of consumptions.
- Use a straw to bypass the taste buds.
- Use hard candies, like Jolly Ranchers, while drinking to buffer the taste.

DURING YOUR COLONOSCOPY PROCEDURE

We ask our patients to arrive **approximately 30 minutes before your procedure**. The procedure generally takes 20 to 30 minutes.

Your privacy is very important to us. When you arrive for a colonoscopy, you will be guided to a private changing area where you will be given a gown to change into and wear during your colonoscopy. There are separate waiting rooms for men and women.

Colonoscopies are completed by a board-certified Gastroenterologist.

One of our healthcare professionals will explain what will happen during the procedure, and you can feel free to ask questions at any time. You will be given sedation to ensure you are relaxed and generally do not feel pain, but you may feel some pressure on your abdomen during your colonoscopy.

AFTER YOUR COLONOSCOPY PROCEDURE

After your colonoscopy, you will be relaxed and may not remember very much about the procedure because of the sedative.

Your sedation will quickly wear off and you can expect to rest in the recovery area for about 30 minutes after your colonoscopy is complete. Because you received sedation, you will not be able to drive and will need to arrange for someone to drive you home after the procedure. Once it is safe, you will be discharged and able to leave with your driver. You will receive a printed copy of the colonoscopy report for your records. The nurses will tell you when you can resume your normal diet and activities. It is important to drink a lot of fluid after the test to replace the fluids you have lost during the preparation for the colonoscopy. You may feel bloated or pass gas for a few hours after the colonoscopy.

If polyps are removed during your procedure, you will be notified of the results within 2 - 3 weeks. The gastroenterologist will be notified of the results if polyps were removed during your procedure, and we will recommend when you should schedule your next colonoscopy.

A normal exam generally means you should be **scheduled in 10 years**.

Thank you for choosing Sansum Clinic for your colonoscopy.



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