

## Conscious Sedation

### How to Prepare for Your Colonoscopy Using Prepopik

**IMPORTANT - Please Read These Instructions at Least 2 Weeks Before Your Colonoscopy**

#### Key Instructions:

- Your bowel must be empty so that your doctor can clearly view your colon. Follow all of the instructions in this handout **EXACTLY** as they are written.

**If you do NOT follow the directions for when to start drinking the bowel preparation (see next page), your colonoscopy WILL be cancelled.**

- **Do NOT eat any solid food the ENTIRE day before your colonoscopy.**
- Buy your bowel preparation at least **5 days** before your colonoscopy.
- **Do NOT mix the solution until the day before your colonoscopy.**

#### Designated Driver on the Day of Your Exam

A responsible family member or friend **MUST** come with you to your colonoscopy and **REMAIN** in the endoscopy area until you are discharged! You are **NOT ALLOWED** to drive, take a taxi or bus, or leave the Endoscopy Center **ALONE**.

**If you do not have a responsible driver (family member or friend) with you to take you home, your exam cannot be done with sedation and will be cancelled.**

#### Medications

Some of the medicines you take may need to be stopped or adjusted before your colonoscopy. You **MUST** call the doctor who ordered any of the following medicines at least **2 weeks** before your colonoscopy.

- **Blood thinners** -- such as **Coumadin**<sup>®</sup> (warfarin), **Plavix**<sup>®</sup> (clopidogrel), **Ticlid**<sup>®</sup> (ticlopidine hydrochloride), **Agrylin**<sup>®</sup> (anagrelide), **Xarelto**<sup>®</sup> (Rivaroxaban), **Pradaxa**<sup>®</sup> (Dabigatran), **Eliquis**<sup>®</sup> (Apixaban), and **Effient**<sup>®</sup> (Prasugrel).
- **Insulin or diabetes pills.** Please call the doctor that monitors your glucose levels. Your insulin dosage may need to be adjusted due to the diet restrictions required with this bowel preparation. (Please bring your diabetes medicines with you on the day of your procedure.)

If you take aspirin, take it and **ALL** other medications prescribed by your doctor. **On the day of your colonoscopy, take your medications with a sip of water.**

## Five (5) Days Before Your Colonoscopy

- Do **NOT** take medicines that stop diarrhea -- such as Imodium<sup>®</sup>, Kaopectate<sup>®</sup>, or Pepto Bismol<sup>®</sup>.
- Do **NOT** take fiber supplements -- such as Metamucil<sup>®</sup>, Citrucel<sup>®</sup>, or Perdiem<sup>®</sup>.
- Do **NOT** take products that contain iron -- such as multi-vitamins -- (the label lists what is in the products).
- Do **NOT** take vitamin E.

Buy the prescription bowel preparation solution at your local pharmacy or drugstore pharmacy.

## Three (3) Days Before Your Colonoscopy

Do **NOT** eat high-fiber foods -- such as popcorn, beans, seeds (flax, sunflower, quinoa), multigrain bread, nuts, salad/vegetables, or fresh and dried fruit.

## One (1) Day Before Your Colonoscopy

**Only drink clear liquids the ENTIRE DAY before your colonoscopy. Do NOT eat any solid foods.** Drink at least **8 ounces** of clear liquids every hour after waking up. The **clear liquids** you can drink include:

- water, apple, or white grape juice; broth; coffee or tea (without milk or creamer); clear carbonated beverages such as ginger ale or lemon-lime soda; Gatorade<sup>®</sup> or other sports drinks (not red); Kool-Aid<sup>®</sup> or other flavored drinks (not red).

You may eat plain jello or other gelatins (not red) or popsicles (not red).

Do **NOT** drink alcohol on the day before or the day of the procedure.

## When to Mix and Drink Your Bowel Prep

### Step 1.

At **6 PM**, the evening before your procedure:

- Fill the dosing cup provided with cold water up to the lower (5 ounce) line on the cup.
- Pour in the contents of **ONE (1)** packet.
- Stir for 2 to 3 minutes until dissolved.
- Drink the entire contents.
- Drink at least **FIVE (5)** additional 8 oz glasses of clear liquid, taken at your own pace, within the next 5 hours.

You may continue to drink clear liquids until bedtime.

### Step 2:

**Four (4) hours** before your procedure:

- Fill the dosing cup provided with cold water up to the lower (5 ounce) line on the cup.
- Pour in the contents of **ONE (1)** packet.
- Stir for 2 to 3 minutes until dissolved.
- Drink the entire contents.
- Drink at least **THREE (3)** additional 8 oz glasses of clear liquid, before midnight.

You may continue to drink clear liquids up to 2 hours before your exam.

If you take aspirin, take it and **ALL** other prescribed medicines with a sip of water **on the day of your colonoscopy**.

**Contact Information:** If you are unable to keep your appointment or have any questions about the instructions, please call the facility where the procedure is being performed. Call between the hours of 8:00 AM and 5:00 PM. If you are calling after 5:00 PM, please call Nurse on Call at 216.442.0310.

**Cleveland Clinic  
Main Campus**

**Departments of Colorectal Surgery and  
Gastroenterology**

9500 Euclid Avenue  
Cleveland, OH 44195  
216/444-7601 (Q3 Appnts)  
216/636-1908 (Q3 Prep Instruct)  
216/444-6536 (A30 Appnts)  
216/444-5469 (A30 Prep Instruct)

**Avon – Richard E. Jacobs Health  
Center**

33100 Cleveland Clinic Blvd. Avon,  
OH 44011  
440/695-4000  
(Ask for Colonoscopy Line)

**Beachwood Family Health and  
Surgery Center**

26900 Cedar Road, Ste. N 30  
Beachwood, OH 44122  
216/839-3338 (Appointments)  
216/839-3542 (Prep Instructions)

**Consultants in Gastroenterology (CIG)  
Concord Endoscopy Center**

7530 Fredle Drive  
Concord Township, OH 44077  
440/386-2250

**Consultants in Gastroenterology (CIG)**

**Landerbrook Endoscopy Center**

5900 Landerbrook Drive, Ste. 195  
Mayfield Hts., OH 44124  
440/461-2550

**Chestnut Commons Family Health  
Center**

303 Chestnut Commons Drive  
Elyria, OH 44035  
440/204-7339  
440/204-7400

**Hillcrest Digestive Disease Center**

6770 Mayfield Road  
Mayfield Hts., OH 44124  
440/312-4084

**Independence Family Health  
Center**

Crown Centre II  
5001 Rockside Road  
Independence, OH 44131  
216/986-4000 (Appointments)  
216/986-4531 (Prep Instructions)

**Lorain Family Health and Surgery  
Center**

5700 Cooper Foster Park Road  
Lorain, OH 44053  
440/204-7339  
440/204-7400

**Lutheran Hospital**

1730 West 25th Street  
Cleveland, OH 44113  
216/696-4300

**Marymount Hospital**

12300 McCracken Road  
Garfield Hts., OH 44125  
216/518-3650

**Medina Hospital**

1000 East Washington Street  
Medina, OH 44256  
330/725-1000

**North Ohio Gastroenterology**

3071 Clemens Road  
Westlake, OH 44145  
440/617-1212

**South Pointe Hospital**

20000 Harvard Road  
Warrensville Hts., OH 44122  
216/518-3650

**Strongsville Family Health and  
Surgery Center**

16761 SouthPark Center  
Strongsville, OH 44136  
440-878-3448

**Twinsburg Family Health and  
Surgery Center**

8701 Darrow Road  
Twinsburg, OH 44087  
330/888-4000  
(Ask for Digestive Health Nurse)

**Willoughby Hills Family Health  
Center**

2570 Som Center Road  
Willoughby Hills, OH 44094  
440/943-2500  
(Ask for Endoscopy Nurse)

**Wooster Milltown Specialty and  
Surgery Center**

721 East Milltown Road  
Wooster, OH 44691  
330/287-4500

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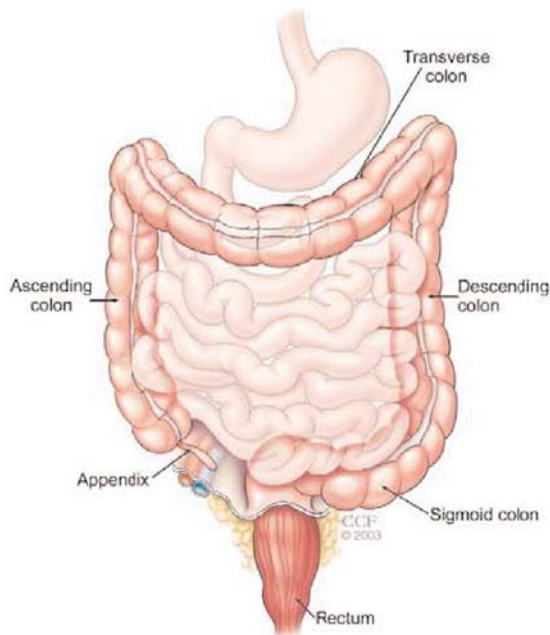


# Colonoscopy Procedure Overview

## Please Read Prior to the Procedure

### What is a Colonoscopy

A colonoscopy is an outpatient procedure in which the inside of the large intestine (colon and rectum) is examined. A colonoscopy is commonly used to evaluate gastrointestinal symptoms, such as rectal and intestinal bleeding, abdominal pain, or changes in bowel habits. Colonoscopies are also performed in individuals without symptoms to check for colorectal polyps or cancer. A screening colonoscopy is recommended for anyone 50 years of age and older, and for anyone with parents, siblings or children with a history of colorectal cancer or polyps.



### What Happens Before a Colonoscopy

To have a successful colonoscopy, your bowel must be empty so that your physician can clearly view the colon. **To do this, it is very important to read and follow all of the instructions given to you at least 2 weeks BEFORE your exam.** If your bowel is not empty, your colonoscopy will not be successful and may have to be repeated.

If you feel nauseated or vomit while taking the bowel preparation, wait 30 minutes before drinking more fluid and start with small sips of solution. Some activity (such as walking) or a few soda crackers may help decrease the nausea you are feeling. If the nausea persists, please contact nurse on call at 216.442.0310.

You may experience skin irritation around the anus due to the passage of liquid stools. To prevent and treat skin irritation, you should:

- Apply Vaseline® or Desitin® ointment to the skin around the anus before drinking the bowel preparation medications. These products can be purchased at any drugstore.
- Wipe the skin after each bowel movement with disposable wet wipes instead of toilet paper. These are found in the toilet paper area of the store.
- Sit in a bathtub filled with warm water for 10 to 15 minutes after you finish passing a stool; after soaking, blot the skin dry with a soft cloth, apply Vaseline® or Desitin® ointment to the anal area, and place a cotton ball just outside your anus to absorb leaking fluid.

### What Happens During a Colonoscopy

During a colonoscopy, an experienced physician uses a colonoscope (a long, flexible instrument about 1/2 inch in diameter) to view the lining of the colon. The colonoscope is inserted into the rectum and advanced through the large intestine. If necessary during a colonoscopy, small amounts of tissue can be removed for analysis (a biopsy) and polyps can be identified and entirely removed. In many cases, a colonoscopy allows accurate diagnosis and treatment of colorectal problems without the need for a major operation.

- You are asked to wear a hospital gown and an IV will be started.
- You are given a pain reliever and a sedative intravenously (in your vein). You will feel relaxed and somewhat drowsy.
- You will lie on your left side, with your knees drawn up towards your chest.
- A small amount of air is used to expand the colon so the physician can see the colon walls.
- You may feel mild cramping during the procedure. Cramping can be reduced by taking slow, deep breaths.
- The colonoscope is slowly withdrawn while the lining of your bowel is carefully examined.
- The procedure lasts from 30 minutes to 1 hour.

## What Happens After a Colonoscopy

- You will stay in a recovery room for observation until you are ready for discharge.
- You may feel some cramping or a sensation of having gas, but this quickly passes.
- If sedation has been given, **a responsible family member or friend must drive you home.**
- Avoid alcohol, driving, and operating machinery for 24 hours following the procedure.
- Unless otherwise instructed, you may immediately return to your normal diet. We recommend you wait until the day after your procedure to resume normal activities.
- If polyps were removed or a biopsy was taken, the physician performing your colonoscopy will tell you when it is safe to resume taking your blood thinners.
- If a biopsy was taken or a polyp was removed, you may notice a little amount of rectal bleeding for 1 to 2 days after the procedure. If you have a large amount of rectal bleeding, high or persistent fevers, or severe abdominal pain within the next 2 weeks, please go to your local emergency room and call the physician who performed your exam.