



Associates in Gastroenterology, P.C.
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COLONOSCOPY

IMPORTANT: STOP THE FOLLOWING:

PLEASE CHECK WITH THE DOCTOR WHO PRESCRIBED THESE FOR YOU BEFORE STOPPING THEM:

◆ 7 Days Prior To Your Procedure:

- All aspirin and NSAID's (Aleve, Motrin, Advil, Naprosyn, Ibuprophen, Ecotrin, baby aspirin, Excedrin, etc.)
- All Anti-platelet medications :Plavix(clopidogrel), Pletal, Ticlid, Aggrenox, Anagrelide, Effient, —or any other blood thinners not listed

◆ 5 Days Prior To Your Procedure:

- All blood thinners (Coumadin, Warfarin, Jantoven etc.)
- Pradaxa, Xarelto (Rivaroxaban), Eliquis (Apixaban)

◆ 2 Days Prior To Your Procedure:c

- Iron supplements
- **Avoid nuts or any foods with seeds (like sesame seeds)**

◆ 12 Hours Prior To Your Procedure:

- Lovenox

❖ **DAY BEFORE PROCEDURE** you will need to start your preparation--see other side of this paper for details. The colon prep will cause diarrhea and you should plan on staying home near a bathroom, once you have started the prep. **(turn page over for specific colon prep instructions)** Be sure to fill out your paperwork to bring with you.

❖ **DAY OF THE PROCEDURE:**

- You will be instructed to arrive 1 hour before your scheduled procedure time in order to properly prepare for the procedure. You can expect to be in the Endoscopy Center / GI lab approximately 2 hours total.
- You will have anesthesia for this exam (unless you specifically ask not to have it) and **will need to have a driver home**. Taxi cab will not be sufficient. **IF YOU DO NOT HAVE A DRIVER HOME YOUR APPOINTMENT WILL BE CANCELLED / RESCHEDULED.**
- You will not be allowed to drive or go back to work until the day after the procedure.

Your Appointment is scheduled for:

Date: _____

At Endoscopy Center of Colorado Springs. (same address as office) 2940 N.Circle Drive.

At Penrose Main Hospital, 3rd floor GI Lab.

At St. Francis Medical Center / 6001 E Woodmen RD

Check in at first floor registration –they will direct you to the GI Lab.

Call 776-8010 one (1) week prior to your procedure to pre-register & to schedule your pre-procedure phone interview.

Check in Time: _____

Procedure Time: _____

Your procedure is scheduled with :

Dr. Van Os

Dr. Lunt

Dr. Howden

Dr. Garza

Dr. Cesario

Dr. Kavanaugh

Dr. Baker

WHAT IS A COLONOSCOPY?

- The colonoscopic examination is done by inserting a long flexible lighted tube into the rectum and then through the length of the colon to look at the entire large colon.
- Pre-procedure a nurse will start a running IV. (Intravenous Insertion) For the procedure, you will receive the anesthesia medications through the IV. Our goal is to keep you as comfortable as possible.
- The instrument will be inserted through the rectum and slowly guided into your colon to the right side. Your physician may instill air to help with visualization. This may make you pass gas after the procedure.
- The doctor can take biopsies (small piece of tissue for examination in the lab) or remove most abnormal growths in your colon, like a polyp, which is a growth in the lining of the bowel. Polyps are removed using tiny tools passed through the scope. Most polyps are not cancerous, but they could turn into cancer. Just looking at a polyp is not enough to tell if it is cancerous. The polyps are sent to a lab for testing. By identifying and removing polyps, a colonoscopy likely prevents most cancers from forming.

