



## WHAT TO EXPECT ON DAY OF COLONOSCOPY?

When you arrive at the facility where your procedure will be done, the staff there will check you in. You will be taken to a room to change into a patient gown and asked to wait on a gurney bed. A nurse or anesthesia doctor will take your history, check your vital signs, and start an intravenous line. You will see the doctor shortly before the procedure starts. After the doctor arrives, the nursing staff will start sedation medication and we will begin the procedure.

There are several options for sedation during the procedure; you can request any of these options. Most patients will fall asleep and have no memory of the procedure with the use of **Moderate Sedation** or Twilight Anesthesia. In this method, the doctor performing the colonoscopy administers sedatives and pain medications. You will be sleeping during twilight anesthesia, but if we call your name you may briefly awake. Some patients will have brief memories of the procedure with this method. **Deep Sedation** is performed by an anesthesiologist. In this method, an anesthesiologist is present and puts you into a deep sleep. You will not have any memory of the procedure afterwards, but there is an additional charge for having an anesthesiologist present. In patients who have many medical problems, use pain medications regularly, suffer from sleep apnea, or have a history of prior traumatic colonoscopy, use of an anesthesiologist is required. A few patients want **No Sedation** at all—although this may seem incredulous, there are a lucky few patients who can undergo colonoscopy without experiencing any pain. They are usually asking questions, smiling and chatting during the procedure.

After the colonoscopy is done, you will be wheeled on your gurney to a recovery area. Here a recovery nurse will keep a close watch on you and monitor your vitals until you are fully awake. You will be asked to pass gas, clearing the air we placed in your colon during the procedure. Your ride or family member will join you here. The doctor will meet with you and tell you the results of the colonoscopy.

If polyps or biopsies are done during your procedure, they will take up to a week to be evaluated at the pathology department. When we receive the report back at the office, the doctor reviews the results and then you will receive a phone call from our office about the results. If we do a biopsy and you have not heard back from our office within a week of your procedure, please call to check on your pathology report. Never assume “no news is good news”.

### PLEASE REMEMBER:

#### EATING AND DRINKING:

You will need to fast, nothing to eat, for six hours prior to the colonoscopy. You can have clear liquids such as water up until four hours prior to your procedure. If you eat or drink, we will need to cancel the procedure as it is unsafe to sedate you with food or fluids in your stomach.

#### MEDICATIONS:

If you take medications for high blood pressure or for your heart in the morning, you should take those medications with a sip of water. Don't skip heart medications without specific approval from a physician. If you have any questions about whether or not to take your blood pressure or heart medications, call the office.

Do not take aspirin or blood thinners such as Plavix and Coumadin for 7 days before your procedure. If we remove a polyp during your procedure, we may ask you to remain off of those medications for another ten days after the procedure. If you forget and take your blood thinners, we can still sometimes remove small polyps, but you must accept a higher risk of bleeding that could be so serious that you would require surgery to stop it. Let us know if you forget to stop your blood thinners, or if you believe you should continue on them.

Diabetic patients should use their blood sugar pills and shots carefully in preparation for the procedure. If you take a pill such as metformin or glyburide for your diabetes, do not take this medication on the morning of the procedure. If all goes well, you can restart your diabetes medications later in the day. If you take insulin, take half of your normal evening dose of long acting insulin on the night before the procedure. Check your blood sugar on the morning of your procedure and take short acting insulin if necessary. After the procedure when you are eating your normal diet, you can resume your regular diabetic pill and shot regimen. Check with your primary care doctor for instructions about your insulin if you have any questions.