



## What To Expect For Your Colonoscopy Procedure

### BEFORE YOUR PROCEDURE

**Obtaining Colonoscopy Prep:** A prescription for the prep and Zofran will be sent to your pharmacy. If your pharmacy did not receive the prescriptions, please call office 5 days prior to procedure 978 429 2010.

**Preparation:** Time-sensitive instructions included regarding prepping for colonoscopy. (must read at least 5 days prior)

### AT YOUR PROCEDURE (Average Total Time at Center 1.5-2.5 Hours)

**Check-In:** Please arrive 30 min before your procedure time. We will verify personal and insurance information (please bring license and insurance card). We will have you sign facility consents and provide name/number for your ride home.

**Pre-Procedure:** A nurse will review medical history, current medications, record vital signs and have you change. (A shirt with a sleeve that can roll up above the elbow can remain on.) An intravenous (IV) catheter will be placed for hydration, anesthesia and other medications as needed. You will discuss the procedure risks/benefits and sign consents for the anesthesiologist and the gastroenterologist.

Complications from this procedure are rare. There are slight risks such as bleeding, tearing a small hole in the intestine, or inflammation of the vein used for the IV medication. Your doctor will explain these and other risks in full and answer any questions you may have before consents are signed.

**Procedure:** In the procedure room, monitors and oxygen will be set up. The anesthesia provider will administer the medication through the IV once the team is ready to begin. The medication most commonly used is called propofol and causes a light sleep. You are unaware of the procedure, but breathing on your own.

During a colonoscopy, a scope is introduced into the rectum and moved throughout the large intestine (colon). Air is injected to maneuver and view the colon. Your doctor will examine your colon looking for anything of concern, take biopsies, and/or remove polyps as needed. Please note that most polyps found are not cancerous. Average procedure time is 20 minutes.

**Recovery:** Your ride will be notified to arrive. Vital signs will be monitored as you wake up in the recovery area. The air injected during the procedures may cause cramping/bloating so will need to be passed during this time. Once stable, your IV will be removed and then you can get dressed. You will be offered water to drink. You will receive verbal and written discharge instructions and your doctor will review your exam with you before you leave. No driving, drinking alcohol, or recreational drug use on the day of your procedure for safety and anesthesia purposes. Average recovery time is 30 minutes. **Please arrange a ride home. Due to the effects of anesthesia, you cannot drive yourself home and cannot take a taxi, uber/lyft, etc. unless accompanied by a responsible adult.**

## COLONOSCOPY PROCEDURE PREPARATION

### Medication Instructions:

- **FIVE days before procedure-** Stop multivitamins, iron, vitamin E, calcium, NSAIDs (advil, ibuprofen, motrin, aleve, etc.) and aspirin. Baby Aspirin 81mg and Tylenol are ok to continue. **If you take an Anticoagulant, Plavix, or Aspirin 325mg daily please call our office 978 429 2010.**
- Day of procedure- take all heart and blood pressure medication with a sip of water. Bring inhaler to procedure. No marijuana day of procedure.

### Diet: (see charts)

- FIVE days before procedure- start eating a low fiber diet (see low fiber diet page)
- Day before procedure- clear liquid diet (see clear liquid diet page) + prep bottle #1 (see next page)
- Day of procedure- prep bottle #2 and clear liquids – stop 4 HOURS before procedure time (next page)