



# COLONOSCOPY

Re-schedule/cancellations:  
308.995.3305

Please arrive at the hospital 15 minutes prior to your appointment to check in.

## What is a colonoscopy?

This diagnostic tool evaluates the lower part of the colon for colon cancer.

## Patient Preparation

You may have only a clear liquid diet for ALL meals the entire day prior to the day of your colonoscopy. You may have clear juices, ie; apple, HiC, soda pop, Kool-aid, broth, Jello, coffee, tea, or water.

**DO NOT** have MILK, TOMATO or ORANGE JUICE, ANY RED LIQUIDS or Jellos with fruit.

**DO NOT** have food or diet supplements containing Olean/Orlistat/Xenical for one week prior to colonoscopy.

SUPREP is the colon prep required for the procedure. This is a very important part of the process. Follow the SUPREP mixing instructions.

On the day preceding the test:

1. At 6p begin drinking SUPREP, 8 oz glass every 10 minutes (ice may be added). Drink rapidly rather than sipping.
2. Drink contents of entire gallon jug. This takes about 2.5 hours.
3. Bowel movements may occur one hour after the first glass. This will continue 1-2 hours after finishing the gallon jug. By now, the stool liquid should be clear. No solids.
4. Feeling bloated or nausea is common after the first few glasses. This is temporary. Drink entire contents of jug. Notify your physician if you are unable to keep SUPREP down.
5. Continue to drink clear liquids after taking the prep to stay hydrated.
6. After midnight, do NOT eat, drink, or take any oral medications. Consult your doctor if you take heart medication, insulin, Ferrous Sulfate (iron), Coumadin, Lovenox, Plavix and/or Aspirin.

### Procedure:

The procedure will be done at PMHC as an outpatient. It is necessary to have someone to drive you home. The nurse will start an IV so Anesthesia can provide IV sedation for the procedure. The doctor will insert a narrow flexible tube through the rectum.

The fiber optic scope illuminates the area, as it is passed through the large intestine. Any abnormalities such as polyps, diverticulitis, or tumors can be visualized.

A small sample of tissue can be taken for biopsy at this time, if the doctor feels it is needed.

Your blood pressure, heart rate and oxygen levels will be monitored before, during and after the procedure. Following the procedure, the doctor will discuss the results of the colonoscopy and any treatments needed. You will be monitored until you are recovered from the sedation and have met all the discharge criteria. If you have questions about the prep, clear liquid diet, or the procedure, contact your physician or the outpatient surgery department at: 308.995.2903

CARE YOU DESERVE. EXPERTS YOU TRUST.