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Pocatello, ID 83201

(208) 234-2300

Dear Patient,

Thank you for choosing Primary Care Specialists for your upcoming colonoscopy procedure. We want to make sure your procedure goes as smoothly as possible.

In this packet you will find:

1. **Advance preparation** about a colonoscopy, including what will happen on the day of your procedure
2. **Bowel prep information**, which begins several days before the procedure itself
3. Information on a **low-residue diet**, which you should begin three days before your procedure
4. Information on **where to report** for your colonoscopy

IMPORTANT: Please read all of the information in this packet now! This is important to be sure you take all the right steps to be prepared for your procedure. The steps include:

7 days before procedure	3 days before procedure	1 days before procedure	Day of procedure
Possible adjustments in your medications	Follow a low- residue diet and buy magnesium citrate prep	Stop solid foods, begin clear liquids, and take first dose of magnesium citrate	Take a second dose of magnesium citrate

If you have any questions about this information, please call us at (208) 234-2300.

Colonoscopy: advance preparation

This sheet provides general information about what will happen during and after your procedure, as well as special instructions for people with certain conditions.



IMPORTANT!

Please read this material as soon as you get it! **Preparations begin 7 days before your test.**

Special concerns

For some patients, special instructions may apply:

- **Diabetes** – Preparing for a colonoscopy involves some temporary changes in your diet. Please contact the doctor who manages your diabetes for advice regarding any changes that are needed in your diabetes medicine the day before and the day of your test. If you have an insulin pump, please discuss management with your diabetes doctor prior to your procedure.
- **Renal (kidney) failure** – If you have renal failure and have been advised to **severely** limit your intake of certain salts – such as sodium, magnesium, and phosphate – please talk with your own doctor about using the magnesium citrate prep discussed in this packet and find out if this is okay for you. Patients who are watching their salt intake as part of a treatment plan for high blood pressure or heart disease rarely have a problem with the magnesium citrate prep and do not need to take special precautions.
- The bowel prep can cause you to lose up to 2 quarts of fluid in the bowel movement. It is very important that you **drink extra fluid** on the day that you are completing your bowel prep and for 2 days after the examination. This helps avoid complications such as dizziness and fainting.

Arrange a ride home before the day of your test

It is extremely important that you make arrangements to **have a responsible adult available to take you home after your colonoscopy. The person must come and get you in the procedure area of the Endoscopy Suite when you are ready for discharge. You may not drive yourself home after the test.** This is a policy that is strictly enforced for your safety. **No exceptions are made unless you plan to undergo the procedure without sedation. If you wish to do this, you should discuss it with your doctor in advance.**

What happens during the procedure?

A colonoscopy is an effective and safe procedure that helps your doctor look for a variety of disorders of the large intestine.

When you arrive, a nurse will talk with you about your medical history, take your blood pressure and pulse, and place an intravenous (IV) line in your arm. The IV allows us to give you sedatives as needed during the procedure. Before the exam, a nurse will talk with you about the test, explain the risks and benefits, and ask you to sign a consent form. Although complications are rare, there is a small risk of problems such as bleeding, creation of a small tear or hole in the intestine, or inflammation of the vein used for IV medication.

Once you are in the procedure room, you will receive sedatives through the IV, which will make you feel drowsy. Your procedure will then begin. An instrument will be inserted into the rectum and moved into the colon. You may feel a sensation as if you have to move your bowels. This is normal and should not concern you. As the procedure is done, air is injected into the colon which may cause mild cramps or gas pains. However, the sedatives help you remain comfortable during the exam. Most patients report very little discomfort during colonoscopy. If you feel very uncomfortable or anxious, please speak up and more medication can usually be given. The doctor will examine your colon through the instrument, which projects images onto a screen. Once your colon has been completely checked, the doctor will remove the instrument and your test will be over. For most patients, colonoscopy takes about 30 minutes.

Going home

You will stay in our recovery area for about ½ hour after your procedure. A nurse will monitor your recovery and go over your discharge instructions with you. As noted above, you must not drive. You must be taken home by a responsible adult. Before you leave, be sure to ask any questions you have.

Recovering from sedation

Most patients receive sedatives for a colonoscopy. As you recover from the sedatives, you should not go back to work or school and you should not make important decisions. If you normally care for children or disabled relatives, get help with these responsibilities on the day of your test.

Bowel prep

This sheet contains important information about how to clean your bowels in preparation for your colonoscopy.

Please read all this information as soon as you get it so you will know what preparations you need to make.

Your preparation for your colonoscopy begins 7 days before your test. If you have any questions about preparing for your test, please call us at (208) 234-2300.



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WHAT YOU WILL NEED

You will need to buy the following supplies for your prep. **Be sure you have them by the day before your colonoscopy.**

- Magnesium citrate, lemon or original flavor – **three (3) bottles (10 oz. each) *** (do not get cherry or grape flavor)**
- Three (3) bottles (16 oz. each) of clear liquid or sports drink (except red or pink)
- Packets of Jell-O – any color except red or pink
- Vegetable, chicken or beef bouillon broth cubes
- Baby Wipes

***Your magnesium citrate bottles may say not to take more than one bottle per day. For a colonoscopy prep, it is okay to take more as outlined in this sheet.

Medications

- Unless you are told otherwise, continue all medications. If you are taking insulin or other diabetes medicine, please contact the doctor who manages your diabetes for advice on how to manage your diabetes medicine in the days leading up to your procedure, when you will not be eating or drinking normally.
- If you are taking a blood thinner or anticoagulant – such as:
 - **Coumadin (warfarin)**
 - **Plavix (clopidogrel)**
 - **Pradaxa (dabigatran)**
 - **Lovenox (enoxaparin)**
 - **Arixta (fondaparinux)**
 - **Effient (prasugrel)**
 - **Brilinta (ticagrelor)**Call our office at (208) 234- 2300 for special instructions
- If you are taking **iron and/or an iron supplement**, please **stop taking it for 7 days before the procedure.**
- If you take aspirin, Motrin, or similar pain medicines, you may take them as usual. It is not necessary to stop taking these medicines before your colonoscopy.

Preparation

Three (3) days before your colonoscopy

- Begin a low-residue diet. (Example: If your test is on Tuesday morning, begin this diet on Saturday morning.) Avoid fruits, salads, cereals, bran, Metamucil, seeds, and nuts. For a detailed description of a low-residue diet, see enclosed fact sheet.
- Be sure you have purchased the materials listed in the box above.

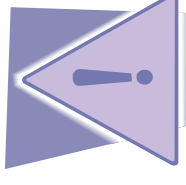
The day before your colonoscopy

- Refrigerate your magnesium citrate bottles. It is better tolerated when cold
- Begin a clear liquid diet. Be sure to drink plenty of clear liquids throughout the day. You should be on a clear liquid diet all day, beginning at breakfast. Clear liquids include: water; light-colored sodas; tea or coffee (black only); clear juices, such as white grape, apple, and cranberry (although cranberry juice is not clear, it is okay as long as it doesn't have any dye in it); chicken, beef, and vegetable broths; bouillon; Jell-O (no red Jell-O); and popsicles (no red popsicles). No hard candy or gum.
- **7 pm - magnesium citrate dose #1:** At 7 pm the day before your procedure, drink 1 ½ bottles of Magnesium citrate (15oz.).
- Within the next 2 hours **drink at least three, 8-ounce glasses of clear liquids. It may take up to 6-8 hours before a bowel movement. When you begin to have diarrhea, baby wipes may be used to prevent irritation. Avoid using Vaseline jelly or Desitin.**
- **If you feel nauseated while doing the prep,** peppermint tea or sucking on a lemon may help. It also may help to put the magnesium citrate on ice.

The day of your procedure

- **6 hours before your scheduled procedure time – Take magnesium citrate dose #2:** Drink 1 ½ bottles of Magnesium citrate (15oz.). Note: Even though your stools may become clear after the first dose of magnesium citrate, you **must** take the full second dose. If you don't, your bowels may not be clean enough for the exam.
- Within the next 2 hours **drink at least three, 8-ounce glasses of clear liquids.**
- For those of you with a morning procedure, we realize it is inconvenient to wake up in the middle of the night to take the second dose of magnesium citrate. However, we have found this method results in the cleanest colon and the best chance for a successful examination.

Low-residue diet for colonoscopy prep



Food group	Foods allowed...	Foods to avoid...
Milk and dairy	<p>Milk and milk products. Includes:</p> <ul style="list-style-type: none"> ▪ cow's milk ▪ ice cream ▪ yogurt ▪ cheese ▪ cream 	<ul style="list-style-type: none"> ▪ fruited yogurt ▪ any ice cream or cheese with nuts or seeds
Beverages	<ul style="list-style-type: none"> ▪ coffee and tea ▪ carbonated beverages ▪ apple juice ▪ strained juice ▪ bottled water ▪ tomato juice ▪ fruit drinks without pulp, such as fruit punch ▪ Kool-Aid or Hi-C (without red dye) ▪ nutritional supplements without added fiber, such as Boost or Ensure 	<ul style="list-style-type: none"> ▪ any beverage containing pulp or seeds, such as orange or grapefruit juice ▪ prune juice ▪ nutritional supplements that contain fiber
Breads, cereals, and starches	<ul style="list-style-type: none"> ▪ refined breads, rolls, bagels, English muffins, pita bread, biscuits, muffins, crackers, pancakes, waffles, or pastry ▪ refined cooked and cold cereals such as hominy grits, farina, cream of wheat or rice, strained oatmeal, Cheerios, Corn/Rice Chex, Cornflakes, Rice Krispies, Special K ▪ potato and sweet potato without skin ▪ white rice ▪ refined pasta 	<ul style="list-style-type: none"> ▪ whole grain breads, cereals, and pasta ▪ oatmeal ▪ granola ▪ any bread, cereal, cracker, or pasta made with seeds, nuts, coconut, or raw or dried fruit either on top or within product (such as bagels with seeds) ▪ corn bread ▪ graham crackers ▪ brown rice ▪ wheat germ ▪ bran ▪ sprouted wheat ▪ wild rice ▪ barley ▪ potato skins

Fruits	<ul style="list-style-type: none"> ▪ canned or cooked fruit without skins or seeds (peaches, pears, apricots, apples) ▪ applesauce ▪ ripe banana ▪ jellied cranberry sauce 	<ul style="list-style-type: none"> ▪ raw fruit (bananas are okay) ▪ canned pineapple, oranges, grapefruit sections, mixed fruit ▪ dried fruit ▪ all berries, melons ▪ whole cranberry sauce ▪ avocado ▪ coconut
Vegetables	<ul style="list-style-type: none"> ▪ tender, well-cooked fresh, canned, and frozen vegetables without seeds such as peeled carrots, green beans, and beets ▪ strained vegetable juice ▪ strained tomato sauce 	<ul style="list-style-type: none"> ▪ all raw vegetables, such as lettuce, onion, celery, cucumber, mushrooms, scallions, etc. ▪ vegetables with seeds ▪ tough, fibrous cooked vegetables such as: <ul style="list-style-type: none"> artichokes broad beans broccoli and cauliflower brussel sprouts celery corn cucumber eggplant mushrooms peas (green peas) spinach sauerkraut and cabbage tomatoes zucchini summer squash, winter squash
Meat and meat substitutes	<ul style="list-style-type: none"> ▪ cooked, tender fish, poultry, beef, lamb, pork, ham, veal, organ meats ▪ eggs ▪ cheese ▪ tofu ▪ tuna fish ▪ smooth peanut butter and other smooth nut butters 	<ul style="list-style-type: none"> ▪ non-tender meats ▪ gristle ▪ hot dogs ▪ salami, cold cuts ▪ meat substitutes made with whole grains, nuts, or seeds ▪ dried beans, peas, lentils ▪ crunchy-style peanut butter and other crunchy nut butters
Miscellaneous	<ul style="list-style-type: none"> ▪ salt, sugar, ground or flaked herbs and spices ▪ vinegar ▪ ketchup and mustard ▪ soy sauce ▪ jelly (but not jam or preserves) 	<ul style="list-style-type: none"> ▪ pepper ▪ seed spices ▪ seeds and nuts ▪ coconut ▪ popcorn ▪ jams or preserves ▪ pickles and olives

Where to report for your colonoscopy

Please leave valuables at home when you come in for your test. Report to PCS Endoscopy Suite.



Please read this material as soon as you get it! **Preparations begin 7 days before your test.**

Day/Date:	
Arrival Time:	
*Procedure Time:	
Approximate discharge/pick up time:	
Doctor who will perform your procedure:	

**NOTE: Because medical procedures do not always go according to schedule, there may be unexpected delays in your procedure. We thank you in advance for your understanding.*

Insurance

Most insurance plans cover screening colonoscopies, however, we recommend that you check with your insurance before scheduling the procedure.

Canceling or rescheduling your procedure

If you need to postpone your colonoscopy, **please call us at least 7 days in advance so that we may use that appointment for another patient.**