

AFTER YOUR PROCEDURE

You will be kept under observation until most of the effects of the sedation have worn off. The nurses will monitor your heart beat and blood pressure. You will pass gas following the procedure to get rid of the air that has accumulated in the bowel.

You will require someone to drive you home, you cannot drive a car, take a bus, taxi or work until the next day. Rest at home and have a responsible adult with you for the remainder of the day. Do not go to work or school.

Medication: You may restart your usual diabetic and other medications after you have eaten.

Food: The nurse will tell you when you can resume eating.

Results: Follow the process for obtaining test results as discussed with your doctors office.



Preparation for Colonoscopy

You have an appointment _____
(date/time)

in the Medical / Surgical Daycare Department of
Peace Arch Hospital.

- Please call the doctor's office that booked your procedure one week before your scheduled time to confirm your appointment. Patients must make this confirmation call or your procedure date may be cancelled.
- Test results: when you are calling to confirm your appointment, ask how to obtain your test results when this test is complete.
- **If your procedure requires sedation, you will require someone to accompany you home. Please make these arrangements: if you do not have someone to accompany home, your procedure will be cancelled.**

PLEASE FOLLOW THESE INSTRUCTIONS:

- The doctor will give you information about taking a bowel preparation. This will be taken by you to clean the bowel so that your doctor can accurately view your colon.
- Follow your doctor's instructions if you have Diabetes, are taking anti-coagulants (blood thinners) or other medications. If you have Insulin Dependent Diabetes, your test should be scheduled for first thing in the morning.
- Rest at home following your procedure and have a responsible adult with you for the remainder of the day.
- Do not go to work until the following day. Your stay at the hospital will be approximately 3 hours.
- If you use a CPAP machine, bring it with you to hospital. It may be required during your care. If you have sleep apnea, you may be required to stay in hospital longer to be observed.

ONE WEEK BEFORE YOUR PROCEDURE

General:

Call your Doctor's office one week before your scheduled time to confirm your appointment, and to ask any questions you may have regarding your test.

Medications:

- Stop any iron supplements or any multivitamins that contain iron
- Contact your doctor for special instructions if you are:
 - Taking ASA, Warfarin, Plavix
 - Have Diabetes Mellitus
 - Have a mechanical heart valve, history of deep vein thrombosis / pulmonary emboli or atrial fibrillation
- Your doctor may need to give you direction about what to do with your medications.
- Purchase your bowel-cleansing medication prescribed by your doctor from a pharmacy of your choice.

ONE DAY BEFORE YOUR PROCEDURE

- If you are on diabetic medications, take them as your doctor directed. Then stop until after your procedure (ensure that you drink clear juice during the day to prevent your blood sugar from dropping too low). If you are unclear about which diabetic medications to take, please consult with your doctor.
- If you are taking medication for arthritis, do not take medication until after your procedure. (Acetaminophen is permissible).

Drink only clear fluids:

You are allowed to have jello, clear soups such as consomme, beef bouillon, strained chicken or vegetable soup, tea, coffee, soft drinks, clear juice, pulp free juice, clear candy. Try to insure you have some broth or clear fluid with salt in it to insure you do not get dehydrated.

- DO NOT drink or eat dairy products or puddings or red Gatorade.
- DO NOT eat or drink anything four hours before your appointment.

Bowel-Cleansing Preparation for Colonoscopy:

- See information sheet provided

DAY OF PROCEDURE

General Information:

- Present yourself to the Admitting Department 1 hour and 15 minutes prior to your procedure. This will allow time for parking and the admission process. Your stay at the hospital will be approximately 3 hours in total.
- Bring your BC Care Card, the name and phone number of the person picking you up after the procedure, and a list of all current medications, including vitamins and herbal remedies. Also list any allergies.
- If you have sleep apnea or use a CPAP machine, ensure you bring it to the hospital with you.
- If you require an interpreter or physical assistance, please ensure this person is available to be with you through your stay.
- DO NOT bring any valuables with you to the hospital.

Medication:

- DO NOT take any diabetic medications unless otherwise directed by your doctor
- You may take your regular medications with a small sip of water

Food:

- DO NOT eat anything after midnight. Do not eat or drink anything for four hours prior to your appointment.