COLONOSCOPY PREP FOR PATIENTS ON DIALYSIS

Colonoscopy is a diagnostic procedure in which the doctor examines the inside of your large intestine, also called the colon, using a thin flexible instrument. During the procedure, biopsies may be obtained. Polyps or other growths may be removed through the colonoscope. Please remember that the taking of a biopsy is done for many reasons and that taking a biopsy is usually not done because of a worry about colon cancer. Having a colonoscopy substantially decreases the risk of developing colon cancer but a small risk still remains.

Unless you have seen him at his office before your colonoscopy the doctor is not in the position to assess the appropriateness of your bowel preparation regimen. Any concerns about the appropriateness of bowel prep should be addressed to your physician. A history of renal failure, congestive heart failure, fainting, or advanced age would affect the choice of bowel prep dramatically. If you have concerns please discuss this further with your physician or we can schedule and appointment for you to discuss this.

Colonoscopy is commonly done to decrease the risk of colon cancer. Almost all colon cancers arise in preexisting, benign, tumors of the colon called polyps. Removal of any polyps very dramatically decreases the risk of colon cancer. Colonoscopy is by far the best procedure to screen for and decrease the risk of colon cancer. Even after the removal of all polyps, very rarely colon cancers can develop in the colon.

Colonoscopy is a safe and well tolerated examination that for the vast majority of patients is pain free or associated with, at most, minimal discomfort. Rare complications of colonoscopy include reactions to the sedative medication given during the procedure, perforation of the colon, or bleeding, especially after removal of a polyp.

Preparation of the bowel for colonoscopy is for most people the most uncomfortable part of the examination. People experience mild to moderate cramps that can be uncomfortable, but will always pass with time. Nausea occurs occasionally. Occasionally patients may experience fainting or lightheadedness during the preparation so it is a good idea to have someone with you the evening and night before your examination. The bowel preparation will cause multiple, frequent, loose, watery bowel movements, hopefully with minimal cramping. **You will have to stay very close to the bathroom when the bowel starts to empty.** Some people do not experience a warning urge before bowel movements.

If time allows, for 5 days before your procedure **avoid** all foods which contain roughage and fiber such as seeds, nuts, peas, corn, beans, whole grain bread, lettuce, cabbage, fruit skins, and similar foods. Eat white breads only; stick with meat, dairy, eggs, juices and other liquids during these days. This is not the way we recommend you eat at any other time.
You may take your normal medications unless they are listed below:

If you are a diabetic using insulin, ask about the use of your insulin.
Do not take iron or calcium for 5 days prior to your examination.

Use Vaseline and/or 1% Hydrocortisone cream on the perianal to help with any burning or irritation, samples are included.

• On _____________ Three days before your test take 2 BISACODYL at noon with plenty of fluid.

• On _____________ Two days before your test take 2 BISACODYL at noon and 10 SENNA TABLETS at 4:00pm with plenty of fluid.

• On _____________ The day before your test Stay on a clear liquid diet. Clear fluids include clear soft drinks such as Cola or 7up, apple juice, bouillon, broth, Jell-O, coffee, tea, water, etc. Avoid alcohol 24 hours prior to examination. Take 2 BISACODYL at noon and 10 SENNA TABLETS at 4:00pm with plenty of fluid.

On the morning of your test you will begin Colyte at 6:00am drinking the entire gallon as directed or until all of your bowel movements are clear. If you finish the Colyte and your stools are not clear please call the endoscopy center.

Before the colonoscopy, you will receive medication to relax you and minimize any discomfort. YOU MUST BRING SOMEONE WITH YOU TO DRIVE YOU HOME. YOU SHOULD NOT DRIVE UNTIL THE NEXT MORNING AFTER YOUR PROCEDURE. If any indications of serious illness are found you and/or your family will be noted immediately following the procedure by the doctor. In other cases, the nurse will give you a preliminary report. A complete and detailed report and follow up with the doctor will be scheduled at the time of your discharge.

After your examination, you may resume your normal diet unless special instructions have been given to you upon discharge. Common side effects of colonoscopy are gaseous distention or minor lower abdomen cramping that usually resolves rapidly and requires no treatment. If you should develop a large amount of rectal bleeding, severe abdominal pain or fever, you should contact your physician immediately.

Report to St Joseph Medical Group- Endoscopy Center - 1630 23rd Ave Suite 801 - 743-6200

On __________________________________________________________________________

At __________________________________________________________________________