



# Colonoscopy

Areas Examined & Treated	
<b>Areas</b>	<ul style="list-style-type: none"><li>• Right Colon</li><li>• Transverse Colon</li><li>• Left Colon</li><li>• Rectum</li></ul>

The Procedure	
Colonoscopy	
<b>Diagnostic</b>	<ul style="list-style-type: none"><li>• This is an internal examination of the entire length of the colon</li><li>• It is performed using an instrument called a colonoscope</li><li>• The colonoscope has a small camera attached to a flexible tube</li><li>• It may provide a visual diagnosis</li><li>• Biopsies may be taken</li></ul>
<b>Therapeutic</b>	<ul style="list-style-type: none"><li>• Various therapeutic maneuvers can be performed</li><li>• Benign or precancerous polyps may be removed</li></ul>



Before Your Procedure	
Schedule Your Procedure	
<b>Appointment</b>	Schedule your procedure appointment with GastroDoxs by phone @ 832-632-4070 or in the office
<b>Location</b>	<ul style="list-style-type: none"><li>• A procedure location will be suggested based on your insurance &amp; geographic area</li><li>• Please refer to the locations page on our website</li></ul>
<b>Insurance</b>	Our team will obtain the required insurance prior authorization, if needed
<b>Financial</b>	GastroDoxs provider fees will be collected upon scheduling your procedure
<b>Orders</b>	Our team will send your procedure orders to the surgery center
<b>Transportation</b>	<ul style="list-style-type: none"><li>• Do not plan to drive after your procedure</li><li>• You must have someone 18 years old or above to drive you home</li><li>• No Uber   Lyft   Cab</li></ul>



<b>Changes</b>	To cancel or reschedule, call or text GastroDoxs @ 832-632-4070
<b>Register with the Surgery Center</b>	
<b>General</b>	A representative from the hospital or surgery center will call you to discuss the registration process, time & location of your procedure
<b>Clinical</b>	<p>The pre-assessment testing team will discuss the following:</p> <ul style="list-style-type: none"><li>• Clearance if necessary</li><li>• Medical History</li><li>• Medications</li><li>• Pre-anesthesia questionnaire</li><li>• Surgical history</li></ul>
<b>Financial</b>	<ul style="list-style-type: none"><li>• Hospital, anesthesia &amp; pathology fees are independent from GastroDoxs</li><li>• The other fees not related to GastroDoxs are to be discussed directly with the other providers, hospital or surgery center</li><li>• If you have not heard from the financial representative 24 hours before your procedure, call them at that time</li></ul>



Clearance	
<b>Cardiac</b> <b>Hematology</b> <b>Neurology</b> <b>Pulmonary</b>	<ul style="list-style-type: none"><li>• You may need a clearance if you have high risk conditions requiring clearance</li><li>• You may need a follow-up with your Doctor or Provider before they can issue a clearance</li><li>• Our team will send your Doctor or Provider a clearance request from our office</li><li>• Once our team has your clearance on file, we will call you to schedule your procedure</li><li>• You may need a clearance if you are on blood thinners or these medications<ul style="list-style-type: none"><li>○ Apixaban   Eliquis</li><li>○ Clopidogrel   Plavix</li><li>○ Dabigatran   Pradaxa</li><li>○ Edoxaban   Savaysa</li><li>○ Prasugrel   Effient</li><li>○ Rivaroxaban   Xarelto</li><li>○ Ticagrelor   Brilinta</li><li>○ Warfarin   Coumadin &amp; Jantoven</li></ul></li></ul>



Medications	
<b>2 Weeks Before</b>	<p>Hold - GLP1 Agonist Medication:</p> <ul style="list-style-type: none"><li>• Dulaglutide (Trulicity)</li><li>• Exenatide (Byetta)</li><li>• Exenatide Extended Release (Bydureon BCise)</li><li>• Liraglutide (Victoza)</li><li>• Lixisenatide (Adlyxin)</li><li>• Semaglutide (Ozempic, Wegovy, Rybelsus)</li><li>• Tirzepatide (Mounjaro)</li></ul>
<b>1 Week Before</b>	<ul style="list-style-type: none"><li>• Hold &gt; Anti-Diarrheal Medication - Imodium, Kaopectate, Pepto-Bismol</li><li>• Hold &gt; Iron Tablets</li><li>• Hold &gt; Multivitamins</li></ul>
<b>1 Day Before</b>	<ul style="list-style-type: none"><li>• Hold &gt; Oral Diabetes Medication</li><li>• Insulin &gt; Take ½ the dose</li></ul>
<b>Procedure Day</b>	<ul style="list-style-type: none"><li>• Blood Pressure Medication &gt; as instructed by the pre-assessment team</li><li>• Insulin &gt; Hold</li><li>• Others &gt; Hold</li></ul>



<b>Other</b>	<ul style="list-style-type: none"><li>• Continue to take your medications unless specified below</li><li>• Blood thinners will require a clearance on file before scheduling</li><li>• The pre-assessment team (PAT) will review your medications &amp; may make other recommendations also</li></ul>
<b>Diet Instructions</b>	
<b>2 Weeks Before</b>	
<b>Foods</b>	No change
<b>Liquids</b>	Drink plenty of water
<b>1 Week Before</b>	
<b>Foods</b>	<p>No Nuts or Seeds - berries, cashews, corn nuts, peanuts, pecans, popcorn, walnuts</p> <p>Low Fiber Diet</p> <ul style="list-style-type: none"><li>• Foods - white bread, cheese, eggs, yogurt</li><li>• Soups - clear vegetable, chicken or beef broth</li><li>• Vegetables - cooked without skin like mashed potatoes</li><li>• Fruits - pureed fruits without skin like applesauce</li></ul>



<b>Liquids</b>	Drink plenty of water
<b>1 Day Before</b>	
<b>Foods</b>	<ul style="list-style-type: none"><li>• Clear Liquid Diet</li><li>• Soups - clear vegetable, chicken or beef broth</li><li>• Juices - clear only without pulp</li><li>• Stop - All food after 12am - midnight</li></ul>
<b>Liquids</b>	<ul style="list-style-type: none"><li>• Drink plenty of water</li><li>• No alcohol</li><li>• No red or purple colored drinks</li><li>• Stop - All liquids after 12am - midnight</li></ul>
<b>Procedure Day</b>	
<b>Procedure Day</b>	<ul style="list-style-type: none"><li>• No food or liquids on the procedure day</li><li>• Blood Pressure Medication &gt; as instructed by the pre-assessment team</li><li>• Insulin &gt; Hold</li><li>• Others &gt; Hold</li></ul>



Bowel Preparation Instructions	
<b>Bowel Preparation Instructions</b>	<p>All Preparations</p> <ul style="list-style-type: none"><li>• Clenpiq</li><li>• Colyte</li><li>• Gavilyte C G N</li><li>• Golytely</li><li>• Magnesium Citrate</li><li>• Moviprep</li><li>• Nulytely</li><li>• PEG 3350</li><li>• Plenvu</li><li>• Suflav</li><li>• Suprep</li><li>• Sutab</li></ul>

Procedure Day	
<b>Diet</b>	No food or liquids on the procedure day
<b>Arrival</b>	<ul style="list-style-type: none"><li>• Please ensure you arrive 1-1.5 hours before your procedure</li><li>• You will check in at registration when you arrive</li></ul>





<b>Pre-Procedure</b>	<ul style="list-style-type: none"><li>• The clinical team will go through the clinical assessment as well as risks &amp; benefits of the procedure</li><li>• The anesthesia team will explain all aspects before the procedure</li><li>• Consent forms the procedure will need to be signed</li></ul>
<b>Sedation</b>	<ul style="list-style-type: none"><li>• An intravenous line will be inserted into your arm to administer medication</li><li>• You will be given intravenous sedation medication during the procedure</li></ul>
<b>Position</b>	<ul style="list-style-type: none"><li>• You will be instructed to lie on the left side with your knees up to your chest</li></ul>
<b>Visualization</b>	<ul style="list-style-type: none"><li>• After sedation, the colonoscope is inserted through the anus &amp; gently advanced to visualize the colon.</li><li>• Since better views are obtained during withdrawal than during insertion, a more careful examination is done during withdrawal of the scope</li></ul>



<b>Post-Procedure</b>	<ul style="list-style-type: none"><li>• It will take approximately 30 minutes to 1 hour to recover from the anesthesia</li><li>• The clinical team will observe for any symptoms or signs of abdominal pain, vomiting, dizziness, blood pressure issues, heart rate issue, fever</li><li>• If you are doing well &amp; have woken up from the anesthesia you will likely be discharged to go home 1 hour after the procedure</li></ul>
<b>Diagnostic</b>	<ul style="list-style-type: none"><li>• If any diagnostic tissue samples or biopsies are required it can be obtained through the endoscope during the procedure</li><li>• Biopsies may be taken</li></ul>
<b>Therapeutic</b>	<ul style="list-style-type: none"><li>• If intervention is required, it will be done during the procedure.</li><li>• Polyps may be removed with electrocautery snares, &amp; photographs may be taken.</li></ul>
<b>Pathologist</b>	<ul style="list-style-type: none"><li>• Biopsies are tissue samples that are reviewed by a Pathologist under the microscope</li><li>• The Pathologist will determine the nature of the tissue samples</li><li>• The Pathologist will send the reports to our office</li></ul>



<b>Follow-Up</b>	<ul style="list-style-type: none"><li>• Our providers will review the report in detail</li><li>• The findings will be reviewed with you in detail upon follow-up</li></ul>
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After Your Procedure	
<b>Recovery</b>	<ul style="list-style-type: none"><li>• You will be under observation for 30 minutes to monitor for any symptoms</li><li>• You will be awake within 30 minutes but may still be groggy for 12-24 hours</li><li>• Do not plan to drive the remainder of the day after your procedure</li></ul>
<b>Transportation</b>	<ul style="list-style-type: none"><li>• Do not plan to drive after your procedure</li><li>• You must have someone 18 years old or above to drive you home</li><li>• No Uber   Lyft   Cab</li></ul>



<b>Symptoms</b>	<p>Normal post procedure symptoms:</p> <ul style="list-style-type: none"><li>• Bloating</li><li>• Gas</li><li>• Slight abdominal pain</li><li>• Some diarrhea</li><li>• Weakness</li></ul> <p>Abnormal post procedure symptoms:</p> <ul style="list-style-type: none"><li>• Bleeding</li><li>• Excessive vomiting</li><li>• Fever &gt; 100</li><li>• Severe abdominal pain</li><li>• Any other severe or unusual symptoms</li><li>• Please call 911 &amp; go to the nearest emergency room</li></ul>
<b>Appointment</b>	<p>Ensure that you have a follow-up 2-3 weeks after the procedure</p>
<b>Results</b>	<ul style="list-style-type: none"><li>• Your results will be discussed in detail</li><li>• Treatment recommendations will be given</li></ul>
<b>Questions</b>	<p>Call or text GastroDoxs @ 832-632-4070</p>