



# Colonoscopy

## Areas Examined & Treated

### Areas

- Right Colon
- Transverse Colon
- Left Colon
- Rectum

## The Procedure

### Colonoscopy

### Diagnostic

- This is an internal examination of the entire length of the colon
- It is performed using an instrument called a colonoscope
- The colonoscope has a small camera attached to a flexible tube
- It may provide a visual diagnosis
- Biopsies may be taken

### Therapeutic

- Various therapeutic maneuvers can be performed
- Benign or precancerous polyps may be removed



## 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>	The pre-assessment testing team will discuss the following: <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

Cardiac  
Pulmonary  
Hematology  
Neurology

- You may need a clearance if you have high risk conditions requiring clearance
- You may need a follow-up with your Doctor or Provider before they can issue a clearance
- Our team will send your Doctor or Provider a clearance request from our office
- Once our team has your clearance on file, we will call you to schedule your procedure
- You may need a clearance if you are on blood thinners or these medications
  - Apixaban | Eliquis
  - Clopidogrel | Plavix
  - Dabigatran | Pradaxa
  - Edoxaban | Savaysa
  - Prasugrel | Effient
  - Rivaroxaban | Xarelto
  - Ticagrelor | Brilinta
  - Warfarin | Coumadin & Jantoven



## 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>
<h2 style="text-align: center;">Diet Instructions</h2>	
<h3 style="text-align: center;">2 Weeks Before</h3>	
<b>Foods</b>	No change
<b>Liquids</b>	Drink plenty of water
<h3 style="text-align: center;">1 Week Before</h3>	
<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



1 Day Before	
<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>
Procedure Day	
<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

### Bowel Preparation Instructions

#### All Preparations

- Clenpiq
- Colyte
- Gavilyte C|G|N
- Golytely
- Magnesium Citrate
- Moviprep
- Nulytely
- PEG 3350
- Plenvu
- Suflav
- Suprep
- Sutab

## Procedure Day

### Diet

No food or liquids on the procedure day

### Arrival

- Please ensure you arrive 1-1.5 hours before your procedure
- You will check in at registration when you arrive





<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>



<p>Post-Procedure</p>	<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>
<p>Diagnostic</p>	<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>
<p>Therapeutic</p>	<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>
<p>Pathologist</p>	<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>



### Follow-Up

- Our providers will review the report in detail
- The findings will be reviewed with you in detail upon follow-up

## After Your Procedure

### Recovery

- You will be under observation for 30 minutes to monitor for any symptoms
- You will be awake within 30 minutes but may still be groggy for 12-24 hours
- Do not plan to drive the remainder of the day after your procedure

### Transportation

- Do not plan to drive after your procedure
- You must have someone 18 years old or above to drive you home
- No Uber | Lyft | Cab



<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>