

## DIRECTIONS

Endoscopy Suite,  
Yale University Health Services  
Phone: 203-432-7324

Go directly to the 5th floor, take a left off the elevator and go to room **516 Endoscopy Suite.**

G.I. Procedure Center,  
Yale New Haven Hospital  
Phone: 203-688-5458

Enter the main lobby of the Dana Clinic Building at 789 Howard Avenue. Just pass the "D" elevators turn right and walk down the long glass corridor. Turn right at the end of the corridor and go to the "C" elevators on your left. Take the elevator to the 3rd floor. Turn left off the elevator and immediately to your left you will see the entrance to the Procedure Center. Tell the receptionist that you have arrived. The security guards can direct you if you are having difficulty.

06/08

## Yale University Health Services Endoscopy Suite



# What is a Colonoscopy?

**A Colonoscopy is** an exam of the large intestine that uses a thin, flexible tube called a "colonoscope." The tube is passed into the rectum and transmits images to a television screen. This test allows the doctor to look inside the large intestine from the lowest part (the rectum) all the way to the opening to the small intestine. This procedure is used to look for early signs of colon cancer. It is also used to diagnose other problems in the colon.

### Special Instructions

If you have any of the following please contact your primary care clinician at least 7 to 10 days prior to your procedure as you may have to adjust your medications. You should also notify the nurse when you call for your procedure appointment.

- ◆ Kidney disease
- ◆ Diabetes
- ◆ Congenital heart disease
- ◆ Mitral valve replacement
- ◆ Currently taking: Coumadin® or other blood thinners
- ◆ On dialysis
- ◆ Normally take antibiotics before dental work

### Are there any risks?

Complications are rare. But when they do occur, they may include:

- ◆ **Bleeding**
- ◆ **making a hole in the colon**
- ◆ **infection or allergic reactions to the medicine**
- ◆ **breathing problems**
- ◆ **irregular heartbeat**
- ◆ **risk of missed lesions**

If complications do occur, you may need to receive treatment or surgery. Please tell your doctor if you have pain, bleeding, black stools or fever after the test.

### What will happen on the day of the test?

When you arrive for the test, a nurse will help you change into a hospital gown. We will ask you to sign a permission form for the test. A nurse will place an IV (intravenous line) into your arm. Then we will take you to the room where the doctor will do the colonoscopy.

The room will be dark during the colonoscopy. The doctor will give you medicine through your IV to make you sleepy and a thin tube will be inserted gently into your rectum. This tube will transmit images to a monitor where the doctor will see inside your colon. You might feel some cramping during the exam because of air that comes into the colon through the tube. You may be awake for parts of the procedure. The doctor may decide to take a small tissue sample or to remove some polyps. This is not painful.

### **My Reminder:**

Date: \_\_\_\_\_

Time: \_\_\_\_\_

Location: \_\_\_\_\_

## **Do I need to prepare for my colonoscopy?**

Yes. It is very important to prepare for this exam. A nurse will call you prior to your procedure to review your medical history. Please use the following checklist.

### **Do these things 5 DAYS BEFORE the colonoscopy**

Stop taking iron and herbal supplements, vitamin E, aspirin, aspirin substitutes (Motrin<sup>®</sup>, Advil<sup>®</sup>, etc.) or any other medication that contains aspirin. If you have pain, take acetaminophen (Tylenol<sup>®</sup>). If you are taking any other medications like blood thinners or arthritis medications, please ask your doctor about taking them prior to the procedure.

**Make arrangements for someone to pick you up at the Endoscopy Suite after your procedure. The medication given during the procedure may cause drowsiness, making it unsafe for you to drive home or take public transportation alone. If you are unable to make these arrangements, your procedure will need to be rescheduled.**

Stop drinking any alcohol and eating seeded or whole grain foods.

### **Do these things 3 DAYS BEFORE the colonoscopy**

- Confirm your ride.
- If you need to cancel your appointment, call the Endoscopy Suite.
- Review the diet you will need to follow for the day prior to the procedure.

### **Do these things 1 DAY BEFORE the colonoscopy**

You must follow a clear liquid diet on the day before your colonoscopy. This means that you cannot eat any solid or semi-solid foods. You may only drink clear liquids (liquids that you can see through) like:

- ◆ Apple or white grape juice
- ◆ Jell-O<sup>®</sup> (not red)
- ◆ Popsicles (not red)
- ◆ Tea (without milk/creamer)
- ◆ Soda
- ◆ Clear broth/Consommé
- ◆ Water
- ◆ **Avoid** juices with pulp, milk, cream and any solid foods

### **For ALL Procedures:**

At 5:00 p.m. drink ALL of the GoLYTELY<sup>®</sup>. \* Drink a glass or two every 15 minutes until it is gone. You must finish drinking all the liquid. To improve the taste, mix up the GoLYTELY<sup>®</sup> ahead of time and refrigerate it. You may continue to take clear liquids with the GoLYTELY<sup>®</sup>.

If your stool is not **clear as tap water** take **\*\*Fleet<sup>®</sup> Phospho-soda<sup>®</sup>** (available over the counter) in the evening and at least three glasses of water.

**\*\*Patients with kidney disease, dialysis, heart disease, liver cirrhosis or who are over age 70 should call before taking Fleet<sup>®</sup> Phospho-soda<sup>®</sup>.**

**DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT.**

### **For AFTERNOON procedures:**

If you are having your colonoscopy in the afternoon, at 5:00 p.m. start drinking GoLYTELY<sup>®</sup> as above. Drink a glass every 15 minutes until it is gone. **You must finish drinking all the liquid.** You may drink clear liquids until 10:00 a.m. on the day of your procedure.

### **Do these things the DAY of the colonoscopy**

- Do not eat or drink anything.
- Arrive 30 minutes before your appointment.

*If you have any questions about any of the instructions or about your upcoming procedure, please call the Endoscopy Suite at 203-432-7324 or after hours Urgent Care at 203-432-0123.*

**\*Note:** GoLYTELY<sup>®</sup> is a laxative that will cause you to have many bowel movements. This is necessary so that you have a clean colon for the procedure. If you are having problems drinking all of the GoLYTELY<sup>®</sup>, please call your doctor or nurse. Please try to drink all the GoLYTELY<sup>®</sup> so you do not have to repeat the procedure.