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 5 to 7 days prior to your procedure as you may have to adjust your medications.
- Kidney disease
- Diabetes
- Heart disease
- Mitral valve replacement
- Currently taking: Coumadin®, aspirin, or other blood thinners
- On dialysis
- Prosthesis within one year

**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 goes 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.

<table>
<thead>
<tr>
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Yale Health Endoscopy
55 Lock Street, 4th Floor
New Haven, CT 06511
Phone: 203-432-7324

Take a right off the elevators and it is on your right.

Your Appointment

Date: ___________________________

Time: ___________________________

Yale Health Center
Endoscopy Suite
55 Lock Street, 4th Floor
New Haven, CT 06511
203-432-7324

Rev. 9/17
It is very important to prepare for this exam. Please use the checklists to prepare for your procedure.

5 DAYS BEFORE YOUR COLONOSCOPY

☐ STOP taking aspirin, or NSAID’s (such as Aleve®, Motrin® and ibuprofen) if you take them for minor aches and pains, Tylenol® can be taken instead.

HOWEVER, if you have a history of heart disease/stroke, or if you are a high risk of development of these conditions, then CONTINUE taking aspirin. If you are not sure you should consult with your primary care clinician.

If you take Coumadin, Plavix, Xarelto, or Eliquis you should check with the clinician who prescribed these medications to see if they can be safely stopped 5 days prior to your procedure. DO NOT STOP these medications without consulting your clinician.

☐ Stop eating seeded or whole grain foods.

☐ Stop drinking alcohol.

☐ Fill your prescription at the pharmacy.

☐ You MUST make arrangements for someone to pick you up at Yale Health Endoscopy 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.

3 DAYS BEFORE YOUR COLONOSCOPY

☐ Confirm your ride.

☐ Review the diet you will need to follow for the day prior to the procedure.

1 DAY BEFORE YOUR COLONOSCOPY

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

- apple or white grape juice
- Jell-O® (not red)
- popsicles (not red)
- coffee and tea (black only)
- soda
- clear broth/consommé
- water
- avoid juices with pulp, milk, cream and any solid foods

☐ At 5:00 p.m. the day before the procedure drink 8 ounces of the prepared GoLYTELY® solution every 10 minutes until three-quarters of the container (or 96 ounces) is consumed.

☐ You may continue to drink clear liquids until bedtime.

THE DAY OF YOUR COLONOSCOPY

☐ On your procedure day, beginning 5 hours prior to your appointment time, drink the remaining quarter of the GoLYTELY® solution (8 ounces every 10 minutes until done).

☐ You should not drink anything 4 hours prior to your procedure.

☐ Remove all of your jewelry before checking in.

☐ In general, it is recommended not to take oral diabetes medications or short acting insulin the day of the procedure. We recommend that you contact your primary care clinician for individualized advice regarding your glucose control for the endoscopic procedure.

☐ Bring CPAP (sleep apnea) equipment if instructed to do so, if you do not your procedure will be cancelled.

HELPFUL HINTS

☐ To improve the taste of the GoLYTELY®, mix it ahead of time, refrigerate it and drink it cold.

☐ You may also add Crystal Light lemonade to your laxative once mixed to improve the flavor.

REGARDING TRAVEL

It is recommended that you do not travel for 2 weeks after any endoscopy procedure.

CANCELLATIONS

A late cancellation/no show fee will apply if appropriate notice is not provided.

See your schedule of benefits for more detail.

You cannot cancel or request Endoscopy appointments using MyChart.

*Note: Take the GoLYTELY® as instructed in this brochure (disregard the instructions in the package). The GoLYTELY® 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®, please call your doctor or nurse. Please try to drink all of the GoLYTELY® so you do not have to repeat the procedure.