

How to Prepare for your Colonoscopy

A **colonoscopy** is a screening exam used to detect changes or abnormalities in the large intestine (colon and rectum). Cancer of the colon (and rectum) is the third leading cause of cancer death in the United States. Screening for this cancer can help to prevent many deaths.

What is Moderate Sedation?

Moderate, (or conscious) **sedation**, is a way drugs are used during your procedure. These drugs help you feel relaxed and calm. Medicines used for sedation are midazolam, fentanyl, and Benadryl. These drugs are given to you intravenously (through an IV). If you choose to receive sedation, you must bring a driver. He/she will sign you in and sign you out after the **procedure**. **You cannot drive after receiving these medications.**

Your Appointment is Scheduled for: Date: _____ Time: _____

Check-In Location: Palo Alto: Building 100, 1st floor,
Clinic Area B - Front Desk
3801 Miranda Ave
Palo Alto, CA 94304

Please follow these instructions carefully. **If your colon is not clean, we may have to postpone your procedure.**

- The VA Pharmacy will mail you the Golytely Solution and the Magnesium (Mag) Citrate. If you do not receive the Golytely Solution and Mag Citrate within one week before your procedure, please call:

Palo Alto: (650) 493-5000 ext: 68971, 63739, or 68973

Palo Alto Pharmacy: 1-800-311-2511

Do Not follow the manufacturer's/pharmacy orders on the Golytely or Magnesium Citrate bottles. Only Follow the guidelines on this paper.



Seven Days Before Your Procedure

- If you take Iron (Ferrous Sulfate) **Stop 7 days** before your procedure.
- If you take **Warfarin (Coumadin)** contact your **Anticoagulation Clinic Immediately**. They may give you added instructions about possibly stopping warfarin before the procedure.
- If you are taking any of the blood thinners listed below contact: (650) 493-5000 Ext: 68971, 63739, or 68973 for further instructions regarding the need to stop the medicines before the procedure.

Blood Thinner Examples

- | | | |
|----------------------------|---------------------------|-------------------------|
| - Dabigatran
(Pradaxa) | - Ticlopidine (Ticlid) | - Prasugrel (Effient) |
| - Rivaroxaban
(Xarelto) | - Clopidogrel (Plavix) | - Ticagrelor (Brilinta) |
| - Apixaban (Eliquis) | - Anagrelide
(Agrylin) | - Vorapaxar (Zontivity) |
| - Aspirin 325mg | - Cilostazol (Pletal) | - Edoxaban (Savaysa) |
| | - Dipyridamole | |

Three Days Before the Procedure

- If you take: Motrin, Advil, Aleve, Ibuprofen, or Naproxen, Diclofenac, or other NSAID's: **Stop 3 days** before your procedure
- **Stop** eating foods containing:
 - Seeds
 - Nuts
 - Poppy Seeds
 - Sesame Seeds
 - Corn
 - Pop Corn
 - Tomatoes
 - Berries
 - Multigrain breads
 - Raw Vegetables
 - Raw Fruit

- Drink 6-10 glasses of water per day

One Day Before the Procedure

- **Clear Liquids Only** beginning when you wake up. **No Solid Foods At All.**
- Clear liquids include:

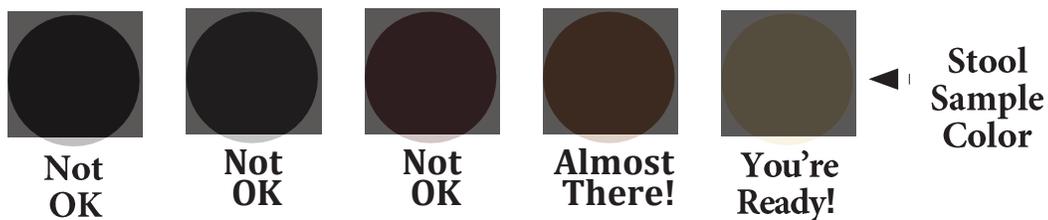
- Water	- Clear	- Jell-o	- Gatorade
- Soda	- Broth	- Clear Juices	- Black Coffee
- Tea	- Bouillon	- Lemonade	- Crystal Light
- **Do not drink:** any alcohol, dairy, protein shakes, juices with pulp, soups or liquids that are red or purple in color
- If you take pills for diabetes, check your blood sugar and take your pills
- If you take Insulin, check your blood sugar and take only ½ of your usual evening dose
- Drink 6-10 glasses of water

At 5 PM the Day Before Your Procedure

- Start drinking 1 gallon of **Golytely solution** and **drink the gallon until finished**
- Drink one 8 oz. glass every 15-20 minutes until the gallon is all gone. It should be finished within a 4-hour period. If you get nauseas or start vomiting, wait 45 minutes then start drinking again. If you are having a hard time, try chilling the drink, using a straw, or mixing in diet lemonade or Crystal Light powder.

Is my Prep Acceptable?

- Once the gallon is finished, the stool should be watery, clear, or tinted yellow like lemonade
- Your efforts at cleansing your colon are essential for an accurate exam.



Questions?

- If you need to ask any questions about your procedure, prep instructions, need for a driver, cancelling or rescheduling your appointment, please call (650) 493-5000 Ext: 68971, 63739, or 68973. Please call us if you do not have someone to escort you home. For a 24/7 recording of the prep instructions, please call (650) 852-3313.

Day of the Procedure

No **Food** or **Liquids** except as directed below:

- 4-5 hours before your appointment, drink the Magnesium Citrate and follow it with 3 (8oz) glasses of water within one hour. After you drink the water **Do Not Drink Any More Liquids**.
- **Absolutely nothing by mouth for two hours prior to your scope.** If you take any **blood pressure, pain, and heart** medications, take only with a sip of water, a minimum of two hours before your procedure.
- **If you are diabetic, check your blood sugar and hold your morning dose of pills or insulin until after the procedure.**

At the Procedure:

- You must come with a responsible adult to receive sedation.
 - **Please note:** If you come **without** a responsible adult to drive: Your procedure will be cancelled OR you can undergo the procedure without sedation.
 - **Please note:** Drivers of taxis, shuttles, buses, Navarre, Redi-Wheels, Uber, Lyft and Outreach are **NOT** acceptable as your responsible adult.
- Plan to be in GI Endoscopy for 3 to 4 hours, inform your driver of the wait time.

Responsible Adult/Driver Duties:

- Responsible adult will escort you to and from your clinic visit.
- Responsible adult will drive you home or escort you home on a bus or shuttle.
- The responsible adult will need to **physically** with you:
 - **Sign you in** at Clinic Area B and **Sign you out** at the GI Procedure area.
 - Patients who receive sedation are not allowed to drive after the procedure.
 - **Please note, if you are requesting to stay at Defender's Lodge after your procedure:** Defender's Lodge policy states that your responsible adult is required to stay with you overnight if you receive moderate sedation for your procedure.

What happens after the procedure?:

- You will be taken to a recovery room where you will remain at least 30 minutes until you are awake, and your vital signs are stable.
- Do not drive, use heavy equipment, drink alcohol, or make important decisions for 24 hours after this procedure.

What if I have a problem after the procedure?:

If you have severe stomach pain, fever, or bleeding:

- Call the GI Endoscopy Unit at (650) 493-5000 x 64841 (Palo Alto) between 8:00 a.m. to 6:00 p.m.
 - From 6:00PM to 8:00 a.m., call (650) 493-5000, Option 0, and ask the VA operator to page the GI doctor on call.
 - If you are unable to connect with the GI doctor, please call the Telephone Care program at: 1-800-455-0057 for further assistance.
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VA



U.S. Department of Veterans Affairs

Veterans Health Administration

VA Palo Alto Health Care System

VA Palo Alto Health Care System

3801 Miranda Avenue, Palo Alto, CA 94304

(650) 493-5000 • www.paloalto.va.gov