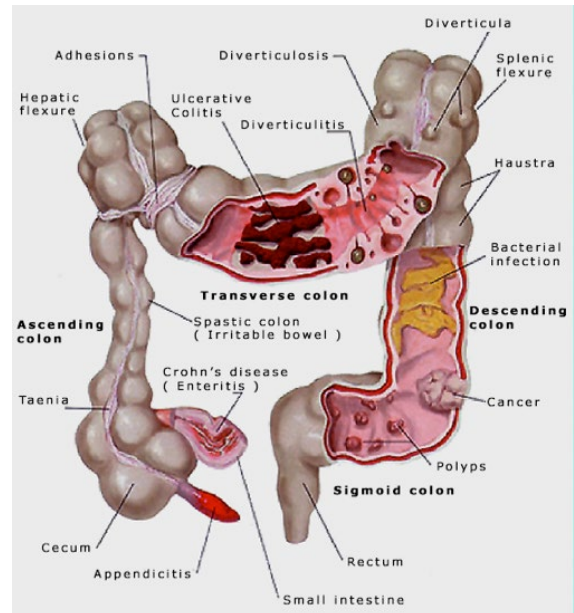


## COLONOSCOPY

### With SUTAB Bowel Prep Kit

Colonoscopy is a test that looks for diseases of the large intestine. A tube is guided into your rectum and then into your large intestine, also called the colon. Your doctor is able to see the inside of your colon. Your doctor may also:

- ❑ Collect cells
- ❑ Remove a small tissue sample called a biopsy
- ❑ Remove growths called polyps



An adult family member or friend needs to be available to take you home after the test. It is not safe for you to drive or leave the hospital alone. You may not remember what you are told due to the medication. If a biopsy was taken, those results will be discussed at a later date/appointment.

**Arrive on time for your test.** 1 week before the procedure, someone from the hospital will call you with the time of your admission. Plan for your hospital stay to be 2 – 3 hours. The test takes about 30 minutes.

### To Prepare:

**Call your insurance company; the number is on the back of your insurance card, to be sure they cover this procedure or if you need prior approval.**

- ❑ Do not use aspirin products or iron tablets for one week before the test.
- ❑ Clarify with your family doctor any special instructions if you have diabetes or are on a blood thinner. If you are diabetic, do not take medication (pills or insulin). We will check your blood sugar upon arrival. You will be early on the schedule.
- ❑ Notify family doctor if there is a possibility you could be pregnant.

You should have received a four page medical history form from your family doctor or had it mailed to you. If you have not received this form, please notify the outpatient surgery department. The form should be completed and returned at least 5 days before your procedure. The day of surgery, nursing staff will verify medications, allergies and any changes to your health history.

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## The Day Before Your Test

- **Do not** eat solid food or drink milk products.
- **Do not** drink any **red** or **purple** liquids. **Drink clear liquids only**, such as:
  - Water
  - Clear broth or bouillon
  - Clear fruit juices without pulp such as apple, white grape and lemonade
  - Clear drinks such as lemon-lime soda, Kool-aid or sport drinks
  - Coffee or tea without milk or nondairy creamer
  - Jell-O gelatin, Popsicles, and/or Italian Ice
- **Try** to drink a glass of fluid every hour while awake before starting your prep.
- **At 6:00 PM**, begin the prep to clean out the bowel.
  - **Step 1** – Open one bottle of SUTAB (12 tablets).
  - **Step 2** – Fill the provided container with 16 ounces of water (up to the fill line).
    - Swallow each tablet with a sip of water.
    - Drink ALL the liquid in the container within 15-20 minutes after the last tablet.
  - **Step 3** – Approximately one hour after the last tablet, fill the container up to the fill line (16 ounces) and drink the entire amount over 30 minutes.
  - **Step 4** – Approximately 30 minutes after drinking the 2<sup>nd</sup> container, fill the container again up to the fill line (16 ounces) and drink the entire amount over 30 minutes
    - Continue drinking clear liquids while awake.
    - Walk as much as possible during the preparation, as this enhances the preparation results.
- **You may need** to get to the toilet right away. You will have a loose watery bowel movement in about 1 hour. You will have bowel movements through the evening. They will become watery. Your bowels are clean when there is only pale yellow fluid without stool.
- **At 2:00 AM** (the day of your procedure), repeat Steps 1 through 4 using the other bottle of SUTAB (12 tablets).
- **After last dose of prep and water, do not** eat or drink anything, and **do not** smoke.
- Take heart, blood pressure and/or thyroid medications with a small sip of water.

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- ❑ **If you are unable to finish the entire prep or if you are still having bowel movements that are not clear/yellow, please call the FGH Surgery Department and ask to speak to a pre-operative nurse. We may have you arrive earlier than your scheduled time to administer enemas to further clear the colon so the procedure does not have to be cancelled.**

### **During the Test**

- ❑ You will wear a hospital gown.
- ❑ An IV (intravenous) is put in a vein in your arm. Medicine to make you relaxed and sleepy is put into the IV, it will be administered in the procedure room.
- ❑ You will lie on your left side.
- ❑ The tube is slowly put into your rectum and through your colon. You may feel an urge to move your bowels.
- ❑ Breathe deeply and slowly through your mouth to help you relax.
- ❑ The colon is checked and then the tube is removed.

### **After the Test**

- ❑ Medicines given during the test will make you sleepy. You will need to have an adult family member or friend take you home for your safety.
- ❑ You may have gas and cramping after the test because of the air put in your colon. Walking and moving around may relieve this.
- ❑ You can return to your normal diet after the test unless other instructions are given.
- ❑ You may have a small amount of blood from the rectum. This is normal.

**If you have questions regarding the procedure, please feel free to call Franklin General Hospital Surgery (641) 456-5032 or Mason City Clinic 1(800) 622-1411 extension 5260.**

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