

COLONOSCOPY AND UPPER GI ENDOSCOPY

COLONOSCOPY is an examination of the large intestine by means of a flexible tube with a bright light. This flexible tube is called a colonoscope and it relays images from inside your colon to a television screen viewed by the physician. After you have completed your preparation at home, you will come to the appropriate location for your procedure, where the test will be explained, and you will be given an opportunity to ask questions prior to signing an informed consent form. After you change into your gown and robe, the nurse will insert a small intravenous catheter into a vein in your arm and tape it in place to give you medication before and during the test, as needed. You will be lying on the cushioned table on your left side.

When you are comfortable, the doctor will examine your rectum, and then insert the lubricated tip of the tube. During this test, some people experience gas-like sensations. This is due to the air put into your intestine in order to see it well, and to the tube passing around the bends of the intestine. You might also experience the feeling that you need to move your bowels. This is caused by the presence of the tube and the air. If needed, more medication will be given to keep you comfortable. The examination usually takes from twenty to forty minutes.

The instrument is able to suction any leftover laxative solution and the air put into you, as needed for your comfort. It is possible to take biopsies and remove polyps through a channel in the tube and this procedure is painless.

UPPER GI ENDOSCOPY is an examination of your esophagus, stomach and first part of your small intestine, using a flexible tube called an endoscope which has a bright light on it. You will have the back of your throat numbed by either a spray or a gargle. This will help prevent gagging. When you are comfortable, the doctor will put the tip of the small tube in your mouth, toward the back of your tongue, and ask you to swallow. You will be able to breathe normally, and the nurse will suction any extra saliva or mucus from your mouth during the test, if necessary.

You may feel some fullness or perhaps the need to belch. This is expected and is related to the air used to distend the stomach to see it well. Most patients are comfortable enough to fall asleep during the examination.

When the exams are over, you will be taken to a recovery room where you will rest for a period of time. Then, the intravenous catheter will be removed from your arm and you may use the bathroom and get dressed. The doctor will then explain the results to you and your family.

If you must cancel or reschedule the examination, please call 793-5034 at the earliest possible time. There are often significant delays in rescheduling and if there are any questions re: the need to cancel due to sickness or other health issues, it is essential that you contact our office or our physician on call (after hours or on weekends).

We perform colonoscopy and upper GI endoscopy at Glens Falls Hospital, Saratoga Hospital, and Northern GI Endoscopy located at Five Irongate Center, Glens Falls. Please read the following instructions pertaining to the appropriate location of your procedure:

Glens Falls Hospital: The Glens Falls scheduling staff will be calling to pre-register you. If you have not been contacted within 10 days of your scheduled appointment please call 926-5327. **You will need to complete the Glens Falls Hospital Pre-Admission History and Physical form and bring it with you to the GI Center on the day of your procedure. You can print out this form by going into patient forms and click on Glens Falls Hospital Admission History and Physical.** On the day of your exam, please report directly to the GI Center 45 minutes prior to the time of your exam, located past the emergency room entrance on the left (east) side of the hospital around to the back of the hospital. The parking lot for the GI Center is located on the back (south) side of the hospital immediately adjacent to the entrance of the GI Center.

Saratoga Hospital: Please call the Registration Desk at 587-3222 on any weekday before your scheduled exam to pre-register. On the day of your exam, please report directly to the 2nd floor Day Surgery/Endoscopy area one hour prior to your appointment. Enter to the right side of the hospital (ground level, Same Day Surgery, Ambulatory entrance).

Northern GI Endoscopy: You will be contacted by a staff member of Northern G.I. Endoscopy prior to your procedure to confirm your appointment and answer any questions that you may have. **You will need to complete the Northern GI Endoscopy Pre-Admission History form and bring it with you to Northern GI Endoscopy on the day of your procedure. You can print out this form by going into patient forms and click on Northern GI Endoscopy Pre-Admission History Form.** On the day of your exam, please report to Northern G.I. Endoscopy, located directly behind our office at 5 Irongate Center in Glens Falls, one hour prior to the time of your exam. There are designated parking spaces for Northern GI patients along the side of the building, near the Pine Street entrance.

Please Note:

1. If you are a diabetic and receiving oral diabetic agents, please do not take these medications the day before and the day of your procedure.
2. If you are diabetic and receiving insulin, please discuss this with our office at least seven (7) days prior to your colonoscopy/endoscopy.
3. If you are taking Coumadin (warfarin), please discuss this with our office at least seven (7) days prior to your colonoscopy/endoscopy.
4. If you are taking steroid medications (e.g. Prednisone, Decadron, Medrol), please discuss this with our office at least seven (7) days prior to your colonoscopy/endoscopy.
5. If you have had a cardiac valve replacement or a history of endocarditis (infection or inflammation of a heart valve generally requiring prolonged intravenous antibiotic therapy), please discuss this with our office at least seven (7) days prior to your colonoscopy/endoscopy.
6. Do not take the following medications for a period of seven (7) days prior to your colonoscopy/endoscopy: aspirin or aspirin-containing medications (e.g. Anacin, Bufferin, Alka-Seltzer), and iron (including multivitamins that contain iron).
7. Do not take nonsteroidal anti-inflammatory drugs (NSAID's, e.g., Motrin, Advil, Nuprin, Naprosyn, Voltaren, Vioxx, Celebrex, and others) for a period of three (3) days prior to your colonoscopy/endoscopy.
8. All other medications including antiplatelet drugs [e.g. Plavix (clopidogrel), Ticlid (ticlopidine), Pletal (cilostazol)] may be continued without change and may be taken up to and including the day of your colonoscopy/endoscopy.

9. If you have a history of congestive heart failure, liver disease or kidney disease, please discuss your preparation instructions with our office at least seven (7) days prior to your colonoscopy/endoscopy.

- 10. Since you will be given a sedative for this examination, you must have a responsible adult take you home and accompany you into your residence. As well, you must have a responsible adult stay with you for the next 24 hours. You should plan on limiting your activity and resting at home for the remainder of the day. You must not drive a motor vehicle or operate machinery for the next 24 hours. If there is a problem with these arrangements, please inform this office to allow for rescheduling of your procedure. Sedation for your procedure cannot be administered unless these arrangements are completed.**

11. If you have an insurance plan that requires a referral (MVP, CDPHP, Senior Blue, many others), please be sure our office has a referral from your primary care physician to cover this procedure. If your insurance requires pre-authorization, please be sure our office has obtained this.

FLEET PHOSPHO-SODA PREP FOR COLONOSCOPY/ENDOSCOPY

Fleet Phospho-Soda is an over the counter laxative which you will need to purchase at your local pharmacy (3 ounce bottle). To insure that your bowel is cleansed adequately, please follow the instructions below for the Fleet Phospho-Soda colonoscopy prep:

The Day Before Examination

1. Drink only clear, sweetened liquids for breakfast, lunch and dinner. No solid food, no milk or milk products allowed.
2. 6:00 P.M. – Mix 0.5 oz. (1 measuring tablespoon – **NOT** tableware) of Fleet Phospho-Soda into a glass (8 oz.) of cold **clear liquid** (ginger ale, apple juice, Sprite or 7-Up helps improve the taste) and drink. **Repeat two more times within the next 20 minutes** for a total of 3 tablespoons of Fleet Phospho-Soda within the 20 minute time frame. This approach is well tolerated and generally preferred by patients.
3. Drink at least four (4) 8 ounce glasses of a clear liquid before retiring, more if desired.

The Day of Examination

1. Five hours prior to your procedure, mix 0.5 oz. (1 measuring tablespoon – **NOT** tableware) of Fleet Phospho-Soda into a glass (8 oz.) of cold **clear liquid** (ginger ale, apple juice, Sprite or 7-Up helps improve the taste) and drink. **Repeat two more times within the next 20 minutes** for a total of 3 tablespoons of Fleet Phospho-soda within the 20 minute time frame.
2. Drink at least four (4) 8 ounce glasses of clear liquids on the day of your exam. You may drink these liquids up until two hours prior to scheduled procedure time. No solid food, no milk or milk products allowed.
3. Appear for examination as scheduled.

Note: Plan to have a bathroom or commode very accessible. It can take from 1 ½ to 3 hours for diarrhea to begin. You may experience a feeling of bloating during this laxative preparation. You may desire to take a 30 to 60 minute rest period before completing the prep if this occurs.

CLEAR LIQUID DIET

Only These Liquids Are Allowed:

Soups:	Clear bouillon, clear broth, clear consommé.
Beverages:	Tea, coffee, decaffeinated coffee, Kool-Aid, carbonated beverages including sodas, flavored seltzers, Gatorade.
Juices:	Apple, white grape, and lemonade, Limeade, or orange juice.
Desserts:	Jell-O, water ices, sorbet, iced popsicles.
Miscellaneous:	Sugar, salt, hard candy.

Note: Please avoid red or maroon colored liquids during the course of your bowel prep, as these can be mistaken for blood. Please do not add milk or cream to any beverages, including coffee or tea.

Recipe for High Caloric Lemonade (240 calories per 8 ounce cup):

Lemon juice – 2 ounces or ¼ cup
Corn Syrup – 10 to 12 ounces or approximately 1 cup
Water to make 1 quart