

Getting Ready for Your Colonoscopy is as easy as 1 2 3 ... 4!

#1 – Watch: the Colonoscopy Preparation video at
www.foxsurgery.com (click the “videos” tab)

If you do not have internet access, come to the office Mon-Fri 9 am-4 pm to watch it.

#2 - DIET: Start your low fiber diet _____ days prior to your colonoscopy. You can keep eating low fiber “snacks” (meat, cheese, eggs) until **6 pm** night prior to your colonoscopy

#3 - Medications:

- (1) Pick up your bowel preparation medications from the pharmacy or purchase and take as directed.
- (2) Review your medication list and make changes as instructed.

#4 - HYDRATE – so you don't hit the floor! Crucial to drink LOTS of water to help with the bowel preparation and to prevent dehydration. You can keep drinking clear liquids until **4 hours** prior to arrival time.

Date of my colonoscopy: _____

Arrival time: _____
(assigned by the hospital, pre-op phone # 530-926-9319)

We know the bowel preparation isn't fun... A successful bowel preparation gives you the best chance at a thorough colonoscopy and **PREVENTING COLON CANCER!**

You can do it!

WHAT IS A LOW FIBER DIET?

The following foods are **ALLOWED**:

- White bread without nuts and seeds
- White rice, plain white pasta, and crackers
- Refined hot cereals, such as Cream of Wheat, or cold cereals with less than 1 gram of fiber per serving
- Pancakes or waffles made from white refined flour
- Most canned or well-cooked vegetables and fruits without skins or seeds
- Fruit and vegetable juice with little or no pulp, fruit-flavored drinks, and flavored waters
- Tender meat, poultry, fish, eggs and tofu
- Milk and foods made from milk - such as yogurt, pudding, ice cream, cheeses and sour cream
- Butter, margarine, oils and salad dressings without seeds

PRIOR TO COLONOSCOPY YOU SHOULD AVOID:

- Whole-wheat or whole-grain breads, cereals and pasta
- Brown or wild rice and other whole grains, such as oats, kasha, barley and quinoa
- Dried fruits and prune juice
- Raw fruit, including those with seeds, skin or membranes, such as berries
- Raw or undercooked vegetables, including corn
- Dried beans, peas and lentils
- Seeds and nuts and foods containing them, including peanut butter and other nut butters
- Coconut
- Popcorn

***The reason for this is that fiber passes through to the colon – and can block the view and clog the camera.

This is not a healthy diet but its just for a few days!

Helpful hints:

1. You should be prepared to be near the bathroom during this preparation. The laxative can take effect within 1-4 hours.
2. The laxative will cause you to have very loose, watery stools. Take ALL bowel preparation medications as instructed.
3. Consider having a soothing cream such as Vaseline, A&D ointment, or Desitin available to reduce irritation from frequent bowel movements.
4. Any non-essential vitamins, supplements, herbs should not be taken around the time of the colonoscopy.
5. Eating a "light" diet for a few days before the bowel prep can make the preparation easier.
6. These instructions and more information are available on our website
www.foxsurgery.com

It is VERY important to complete the bowel preparation as instructed!**Potential problems with incomplete bowel preparation include:**

1. Colonoscopy being aborted / canceled.
2. Increased risk of complications during colonoscopy.
3. Having to repeat colonoscopy at a shorter interval even if it is normal (1-3 years rather than 10 years)
4. If you have an incomplete preparation and need another colonoscopy, your insurance may not cover it!
5. Please inform the pre-op nurses and Dr. Fox on the morning of colonoscopy if you are concerned you are not "cleaned out". Liquid stool with tint of yellow, green, or light brown is normal. However, solid stool or opaque liquidy stool may be an indication that you are not fully "cleaned out".

After your colonoscopy:

1. Because you are receiving sedation, you must have an adult (18 years or older) accompany you home. The driver must be flexible as the procedure may run longer than expected.
2. You should not plan to work, schedule other appointments or meetings following your procedure. You should not drive for the remainder of the day.
3. After your colonoscopy, you may experience some cramping or bloating because of the air introduced into the colon during the examination. This is normal, and will resolve with passing the gas. Going for a walk may help with this.
4. You should be able to eat normally after the procedure. If you feel nauseous, drink liquids or keep your diet light until you feel better.
5. It is normal to have liquidy stools AFTER the colonoscopy, this could last from 1-3 or more days.
6. If you have significant abdominal distention, severe abdominal pain or vomiting, this is **NOT NORMAL** - you should call Dr. Fox immediately, or return to the Pre-Op area, or go to the emergency department.
7. If you had a polyp removed, it is normal to have small amounts of bleeding from your bottom. However, large amounts of blood, or clots in the toilet bowl is **NOT NORMAL** - you should call Dr. Fox immediately, or return to the Pre-Op area, or go to the emergency department.
8. You will receive a letter in the mail with all your results in 2-4 weeks, results will also be sent to your primary care provider.

Call Dr. Fox's office with any questions or concerns **530-918-9331**