Procedure Information

1. Colonoscopy is a safe procedure but does have risks. Any time anyone places a tube or probe in the body there is always a risk. Risk is 1/1000 chance of causing a hole or injury to the colon or the spleen. If this happens it can be fixed but could require surgery to fix it. Generally colonoscopy is very safe and does much more good than harm. The risk of a complication with upper endoscopy (EGD) is 1/5000 chance of causing a hole (perforation). if this happens it can be fixed but could require surgery to fix it.

2. Colonoscopy/Upper Endoscopy is expensive. If you have a high deductible plan you may be liable for the cost. Please check with your insurance company so that you understand what your deductibles are before the procedure.

3. If this is a screening colonoscopy it should be covered by insurance except Medicare. Please double check this is screening and that your insurance does cover it. Medicare pays only 80% of the screening if a polyp is found.

4. You will need a driver to bring you and take you home. If you arrive without someone your procedure will likely be canceled. 

5. You will receive anesthesia/sedation for the procedure. Most commonly an anesthesiologist is present and gives PROPOFOL anesthesia. You may not drive until the next day.

6. Please follow all the preparation instructions carefully. If the prep is poor and the procedure has to be canceled insurance may not pay for another exam.

7. My usual days for the procedures are Tuesdays, early Thursdays and every other Friday.

8. The main owner of N. Valley Surgery Ctr. is Honor Health, of note physicians are very small percentage owners.

Upper Endoscopy (EGD):
Your stomach must be empty to do this exam. You may have solid food up to 12 hours before and liquids up to 6 hours before. Avoid milk and red colored foods and drinks. If you take medicine for hypertension, heart disease or seizures regularly in the am please take your medicine with a sip of water before 6 am. Other medicines can be taken after the procedure.

Diabetes Medicine:
Oral medication: Hold your glypizide or glyburide the AM of the procedure.
If you take metformin you may take it the morning of your procedure.
For patients on insulin: Hold your NPH, Lantis, Gargin, Aspart or Regular insulin the day of the procedure until after the exam is complete.

Anticoagulants: Discuss Warfarin, Plavix, other anticoagulants and antiplatelet agents with your doctor.

COLONOSCOPY PREP INSTRUCTIONS

PREPARATION BEGINS BEFORE YOUR SCHEDULED APPOINTMENT

YOU WILL NEED TO BUY:
• PEG-Electrolyte Solution or Prepopik by prescription
• Items from the clear liquid diet list below such as Jell-O, broth and clear juices or drinks
• Desitin cream may help if the rectal area becomes irritated by frequent stools during your preparation
• If you vomit easily let the doctor know and you might get a prescription for Reglan

CLEAR LIQUIDS INCLUDE:
• Clear fruit juices - apple or white grape
• Bouillon or clear broth
• Jell-O without fruit added - no red flavors, Hard candy
• Water
• Coffee and tea without milk or creamer
• Popsicles - no red flavors
• Gatorade®, Powerade®, or Propel® - no red flavors
• Carbonated beverages such as Coke, 7-Up, Mountain Dew, etc.
• Lemonade

INSTRUCTIONS CONTINUED ON BACK
THE DAY BEFORE THE PROCEDURE:

Beginning the day before your scheduled appointment, consume only clear liquids in place of solid food the entire day. You may have a clear liquid breakfast and lunch until 5:00 pm. At 5:00 pm you will start the laxative prep which will cause diarrhea. Liquid stools will start 1-7 hours after the first glass.

AT 5PM: Begin the prep (PEG or Prepopik)

Begin drinking the laxative solution. A good pace is to drink 8 ounces every 10 to 15 minutes until the solution is half gone. Drink only the first half of the laxative solution during this time. Do not drink extra fluids or add ice to the solution.

Some people find that refrigerating the gallon helps with the taste, but if you get chilled easily keep the solution at room temperature.

Drink no additional fluids for one hour after you finish drinking the solution. After one hour, you may drink more clear liquids.

8 HOURS BEFORE YOUR SCHEDULED PROCEDURE TIME: Begin second half of the prep (PEG or Prepopik)

Drink the second half-drink the remaining laxative solution 8 ounces every 15 minutes until gone. The correct timing of this dose is essential to an effective preparation. The quality of the preparation has a profound impact on how well the physician is able to detect small lesions in the colon. Complete all of the prep by 6 hours BEFORE the procedure.

Once you have completed your prep solution have nothing by mouth until after your procedure except medications with a sip of water. If you are on: blood pressure, heart, seizure or lung medication and regularly take them in the morning, take them before 6am with no more than a ½ cup of water.

If you take:

**NSAIDS:** (Motrin, Ibuprofen, Advil, Aleve, Salsalate, Diclofenac, etc.) stop 1 week before. Avoid aspirin for one week unless on it for heart reasons. Tylenol/Acetaminophen is ok.

**Warfarin (Coumadin) or Heparin:** You might need to stop Warfarin 5 days before your colonoscopy. However, we will check with your PCP/prescribing physician before stopping this medication in case alternate medication needs to be used.

**Clopidogrel (Plavix), Pradaxa (Dabigatran), Eliquis (Apixaban) or Ticagrelor, Aggrenox (aspirin/dipyridamole):** You may need to stop these 2-5 days prior to the colonoscopy. However, we must check with your PCP/prescribing physician before stopping this. We will notify the prescribing MD and give you clear instructions.

**Diabetics:**

It is important to follow the clear liquid diet. This means no solids of any kind. You SHOULD take beverages with sugar as you will not be eating. Avoid sugar free beverages while on this prep.

For patients on oral medication: check your blood sugars 3x daily (7am, 3pm and bedtime)

a) If you are on glypizide or glyburide continue these during your bowel prep but HOLD the day of the exam

b) If you are on metformin continue this during the prep and you can TAKE on the day of the exam

For patients on insulin:

Check your blood sugars 4x daily: 7am, 12pm, 5pm and bedtime

a) If you take Aspart (Novalog) or regular insulin you will hold this while taking your bowel prep and restart after the procedure

b) If you are on NPH (Novalin), Lantus or Glargine insulins, check your blood sugar prior to taking your insulin:

If your blood sugars are below 150: hold your insulin dose
If your blood sugars are above 150: take half your usual dose

DAY OF THE PROCEDURE:

Arrive 1 hour before the appointment. Please bring a photo ID. Plan to be in the center for about 3 hours. Procedures are done at North Valley Surgery Center, 8901 E. Raintree Drive, Scottsdale, AZ 85260, (480) 767-2100. www.northvalleysurgerycenter.com