

## Dr. Shahla Rah MD, FACG

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### COLONOSCOPY (EZ2GO Dose)

#### WHAT IS THE PROCEDURE?

You are scheduled for a procedure called a colonoscopy. During this procedure, after being sedated, with IV Versed & Fentanyl you will lie on your left side and a flexible tube with a light and camera at the end of it will be inserted into your rectum and colon. This will allow the doctor to see the inside of your colon in order to look for any polyps or abnormal growths. Cancer of the colon is commonly found in this country and this procedure helps find cancer in its early stages. A biopsy (a small piece of tissue) may be taken from the colon, but you will not feel this. If you have colon polyps (small growths), they will be removed. You will be at the facility for a total of 2-3 hours; the procedure itself takes only 30 minutes.

#### HOW SHOULD I GET READY FOR THIS PROCEDURE?

1. Please fill the prescription for EZ2GO from the doctors office.
2. Since a biopsy or polyp removal may be performed, please stop blood thinners as listed below: stop arthritis medications (NSAIDs-Ibuprofen, Motrin, Advil, Naproxen, Celebrex, etc.), aspirin and aspirin-containing medication (unless directed by a physician) **five (5) days** before the procedure; stop Coumadin or Plavix **five (5) days** before the procedure; stop Heparin, Lovenox or Fragmin for **24 hours** before the procedure; stop herbs/vitamins that may have blood thinning qualities such as St. Johns Wort, Gingko Biloba and Vitamin E.

**Please consult your physician if you have any questions about the medications you are taking.**

3. **Diabetics** – **DO NOT** take diabetic pills or insulin on the morning of your appointment. Bring your insulin and food; you may take them after the procedure is completed.
4. Be sure to tell the doctor and the nurse if you have a heart murmur or an artificial valve.
5. **Do not eat nuts, corn or any food with seeds** (sunflower seeds, strawberries, kiwis, cucumbers, pickles, watermelons, etc.) for at least **five (5) days** before the procedure.

#### WHAT ARE THE POSSIBLE RISKS ASSOCIATED WITH THIS PROCEDURE?

The risks associated with this test are very low and include bleeding, infection, perforation (making a tear) and drug reactions since you will be sedated (made very sleepy) for the procedure. However, the chance of this occurring is less than 1%.

**READ THESE INSTRUCTIONS CAREFULLY! FAILURE TO COMPLY WITH ANY PORTION MAY RESULT IN RESCHEDULING OF YOUR EXAM.** In order to make accurate diagnosis, it is very important that your colon is absolutely clean.

In order to make an accurate diagnosis, it is very important that your colon is absolutely clean. You must go on a clear liquid diet the day before the procedure and take the EZ2GO solution as directed.

## 1. THE DAY BEFORE THE EXAMINATION:

- a) Start on the clear liquid diet. You may have orange, apple, or other strained juice, Gatorade (not red), grape juice, tea, clear soup broth, coffee, soda pop, or jello without fruit. For breakfast you may have 2 scrambled eggs, yogurt or juices. For lunch you may have 1 boiled egg, plain top Ramen noodles or chicken broth. **NO FIBER. DO NOT USE** red jello, grapefruit or cranberry juices. You may suck on hard candy if you wish.
- b) You may drink all the water you like.
- c) In order to decrease the irritation to your anal region, you may apply petroleum jelly to the area prior to drinking the solution..
- d) Take the tablets in packet(s) @ 5pm with 8oz of any liquid stated above
- e) Start the 10 doses of the EZ2GO Prep approx. @ 6 pm
- f) Continue intervals of 15 mins apart
- g) Mix each dose with 8oz of any liquid stated above (1capful = 1 dose)

## 2. THE DAY OF THE EXAMINATION:

- a) Complete the remaining 4 doses 3 hrs prior to your Procedure in intervals of 15mins apart
- b) You may continue to have clear liquids up to 2 hours before the procedure.
- c) Please take your blood pressure, heart, asthma or anti-seizure medications as scheduled in the morning. You may use your asthma inhaler the morning of the procedure.
- d) Then drink 16 oz. of any liquid stated above.
- e) Initially, you may begin to feel bloated and even nauseated, but this will become more comfortable as you begin to have bowel movements. Abdominal cramping is also not unusual and diarrhea is expected.
- f) If you develop significant nausea or vomiting, stop drinking for about 30-45 minutes and then resume at a slower rate.

**Finish ALL of the preparation solution!**

## CAN I GO HOME AFTER THE EXAMINATION?

1. You may be sleepy from the medication after the examination, so someone will have to drive you home. **YOU MAY NOT DRIVE. NO BUSES OR CABS ARE ALLOWED.**
2. Someone needs to care for you 3-4 hours after the procedure.
3. You will be at the surgery center or hospital approximately 2-3 hours after the examination.
4. After the procedure, it is normal to feel gassy, bloated or to have mild stomach cramps. This may be relieved by walking around and/or expelling the gas. This should go away after several hours.