

FROM EXPRESSWAY 23

Take the Hill Road Exit #90. Go west on Hill Road to the first traffic signal, which is Hill-23 Drive. Turn left on Hill-23 Drive going past the curves in the road as it turns into Rashelle Drive. The Endoscopy/ Surgery Center is at the end of the street. The Endoscopy and Surgery Center is on the first floor Suite #101.

FROM DETROIT USING EXPRESSWAY I-75

You must exit on the Expressway 475 North to Hill Road. Go West to Hill-23 Drive. Follow the same directions as above from Hill-23 Drive.



Preparing For Your Colonoscopy

CROWNE POINT

ENDOSCOPY AND SURGERY CENTER

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My Colonoscopy Checklist

Here's a checklist of things to do as you prepare for your colonoscopy. As you do each one, check it off the list. Make sure each item is checked off prior to coming in for your procedure.

Before you start:

- Read this booklet carefully
- Make sure you have your bowel prep kit. If not, call your doctor.
- Stop any medications you were instructed to stop.
- If needed, talk to your doctor about any questions you may have.

One day before your colonoscopy:

- Breakfast – clear liquids only, no solid food.
- Lunch – clear liquids only, no solid food.
- Dinner – clear liquids only, no solid food
- Take your bowel prep in the evening as instructed.
- Drink extra clear liquids throughout the day.

Day of your colonoscopy:

- Take second part of bowel prep as instructed, 4 hours prior to colonoscopy. May continue clear liquids but MUST STOP liquids at least 2 hours prior to procedure.
- Take any heart or blood pressure medications prior to coming in for your procedure.
- Report for your procedure as instructed.

About Colon Cancer

One out of every 16 Americans will get colon cancer. Most people survive colon cancer if it is caught early, and only 5% of people survive colon cancer if it is caught late.

You may be at higher risk for colon cancer if:

- You are older than 45-50
- You have had polyps before
- Someone in your family has had polyps
- You have a family history of colon cancer or polyps

You may also be more likely to get colon polyps if you:

- Eat a lot of fatty foods
- Smoke
- Drink alcohol
- Do not exercise
- Weigh too much

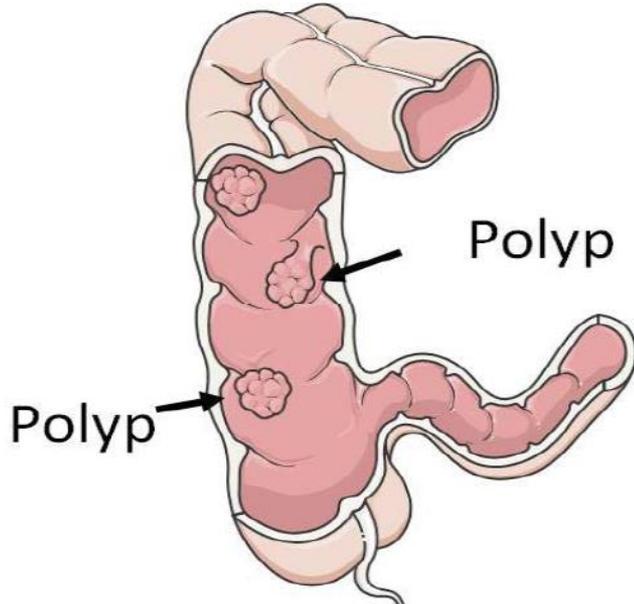
Please talk to your doctor about how you can reduce your risk for colon cancer.



About Your Insides

Your digestive system –made up of your mouth, food tube, stomach, bowels, and other organs—helps you break down and absorb food. The last part of your bowels, the large intestine (or colon), is a hollow tube that helps you absorb water and pass stool and other wastes from your body.

Your colon, like other parts of your body, can get cancer. There is no single cause of colon cancer, but nearly all colon cancers begin as non-cancerous polyps. A polyp is a small growth on the surface of your colon that can turn into cancer. Removing polyps may prevent you from getting colon cancer. If polyps have already become cancerous, catching them early increases your chance of surviving or being cured of colon cancer.



How Does a Colonoscopy Work?

The purpose of a colonoscopy is to look inside your colon for polyps, cancers, ulcers, and other conditions. It is important to get a colonoscopy to test for colon cancer once you are 45-50 years of age or older since the disease usually has no symptoms.

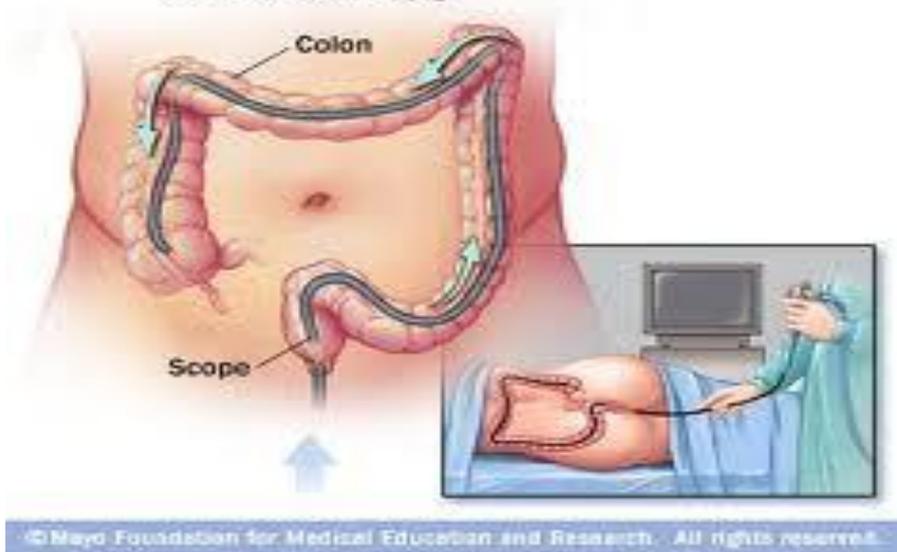
Just before the procedure starts, you will receive some medicine to make you sleepy. This medicine (a sedative) will help you avoid discomfort from the procedure. Most people do not remember having the procedure.

The doctor will begin the colonoscopy by examining your rectum to make sure you do not have stool left in your bowels. The doctor will then inflate your colon with a soft stream of air. This will help the doctor get a clear look in your colon. The doctor will then pass an endoscopy through your anus and in your colon.



The endoscopy is a thin flexible tube that has a light and a camera at the tip. Images from the camera go to a TV monitor in the procedure room, allowing the doctor to see the inside of your colon on screen. The doctor will then look for polyps, cancer, or other abnormalities throughout your colon. Your doctor will also remove any polyps that are found. A colonoscopy usually takes around 20-30 minutes to complete.

Colonoscopy



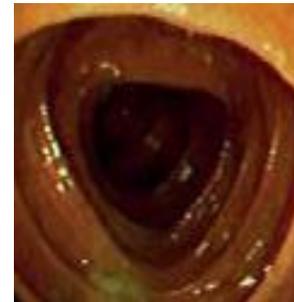
After the procedure, you will need to recover for about 30-60 minutes to let the sedative wear off. You may feel some gas during your recovery caused by the air used to inflate your colon. Most facilities will require someone to help you get home afterwards.

Why is it Important To Get Cleaned Inside?

Your doctor **MUST** be able to see in order to do the test right. If it is dirty on the inside, your doctor may not be able to see important things, like polyps or cancer, and may even have to do the test again. That would mean you would have to start over, and nobody wants that.

Think of it this way: A clean colon is like driving on a country road on a sunny day. A dirty colon is like driving in a snowstorm.

CLEAN



NOT CLEAN



The **MOST IMPORTANT** thing you can do is to empty out your colon by following the diet described in this booklet and taking the bowel prep prescribed by your doctor.

Preparing For Your Colonoscopy

Preparing for your colonoscopy is a process. Here are some things you will need to keep in mind:

You will need to restrict your diet and take your bowel prep medicine to clean out your colon.

You may also need to change your medication routine if you take medicines like aspirin, Plavix, clopidogrel, anti-inflammatory medicines, blood thinners, diabetes medicine, or fish oil.

Make sure you speak with your doctor to find out if there are any other instructions you may need to follow.



*It is your responsibility to contact your insurance company to verify insurance coverage.

About Your Medications



You may be asked to stop certain medications before your colonoscopy. Please talk to your doctor about how to safely change your medication routine. Make sure to talk to your doctor before stopping or starting any medication

What if I take an anti-inflammatory medication like Motrin.

Stop anti-inflammatory medications such as arthritis medications or medications containing iron 1 week prior to your procedure.

What if I take Aspirin or Plavix?

You do not have to stop taking Plavix or Aspirin for your procedure.

What if I take fish oil?

Stop taking fish oil 1 week prior to your procedure.

What if I take blood thinners like Coumadin?

STOP Coumadin 5 days prior to your procedure. Have labs checking Coumadin levels drawn in the morning the day before your procedure. If you have any questions regarding stopping Coumadin, please contact your doctor.

What if I take diabetic Medication?

Take half (1/2) of your diabetic medication the day before your procedure while on clear liquid diet. The morning of your procedure **DO NOT** take any of your diabetic medication. Check with your doctor if you have any questions.

What if I take blood pressure medication?

Continue taking your blood pressure medication, even on the day of your procedure at least 2 hours prior to your procedure.

Do I need to take antibiotics before my test?

Let the staff at the surgery center/hospital know if you take antibiotics prior to dental procedures. Some conditions such as valve replacements or joint replacements less than 6 months old may require us to give you antibiotics prior to your procedure.

ONE DAY Before Your Colonoscopy.

What You Eat:

You must not eat any solid foods the day before your colonoscopy. You may only eat a clear liquid diet.

What You Drink:

You must drink only clear liquids for breakfast, lunch and dinner. Be sure to drink at least 2 tall glasses (about 8-10 ounces each) of clear liquids throughout the day in addition to what you drink with your bowel prep.

Taking Your Prep:

By the day before your test you should already have your “bowel prep” solution. If not, call your doctor. You will drink half of the prep solution the night before your test beginning approximately 6pm. You should drink 8 ounces every 10-15 minutes. You should begin having bowel movements approximately 30 minutes after you begin the prep. You may find it easier to drink the solution through a straw.

Day of Your Colonoscopy.

What you Eat:

You must not eat any solid foods prior to your colonoscopy, even if your test is scheduled for the afternoon. You can eat a regular diet after your test is over and you are fully awake.

What You Drink:

You may drink clear liquids only before your colonoscopy. You must stop drinking liquids at least 2 hours prior to your test (including water). If you do not stop drinking 2 hours prior to your test, there will be a delay in your test. This is important for anesthesia purposes and your safety.

Taking Your Prep:

4 hours prior to your test you will drink the second half of the prep solution in the same manner as the night before your test. If you have any questions regarding how to take your prep, if you are having trouble keeping the prep down or if you don't think your bowel movements are clear enough, call the doctors office or the surgery center.

What Is a “Clear Liquid?”

As you get ready for your colonoscopy, you must only drink clear liquids. A liquid is considered “clear” if you can read something through it. Use this simple test to figure out what you can drink and what you cannot drink.



This is orange juice. Orange juice is not clear because you can't read the newspaper through it. **DO NOT DRINK THIS**



This is pineapple juice. It's also not clear. **DO NOT DRINK THIS.**



This is apple juice. Apple juice is clear because you can read newspaper print through it. **YOU CAN DRINK THIS.**

What Drinks are OK?



Soda pop, ginger ale, and club soda



Water and mineral water



Black coffee.
(No cream or milk)



Clear sports drink with electrolytes



Apple juice



Tea

What Drinks Are NOT OK?



No milkshakes



No coffee with cream



No pineapple juice



No orange juice



No milk or dairy drinks

* Although alcohol is a clear liquid, it can make you dehydrated. You should NOT drink alcohol while preparing for your test.

What Foods Are OK?



Honey



Jello – No red



Clear broth



Popsicles – No red



Hard candy –No red

Please do not eat anything red prior to your procedure.

What Foods Are NOT OK?

Do not eat ANY solid foods while on clear liquid diet



No grains, rice, breads or cereals



No soups with chunks of food



No meat



No milk or dairy products



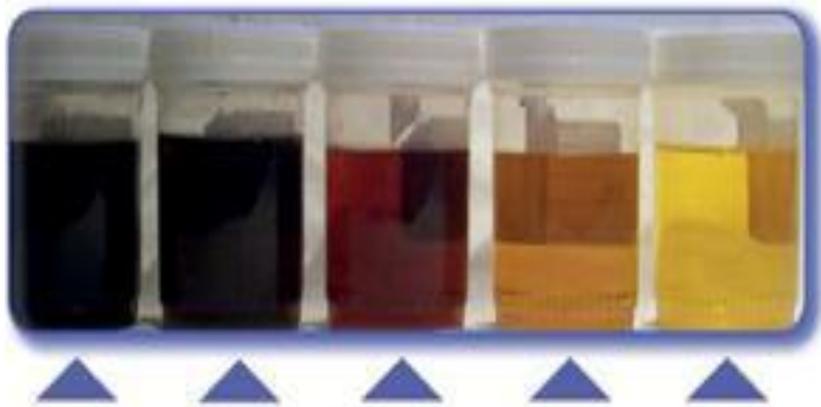
No vegetables



No fruit

How do I know when my bowel prep is complete?

The stool coming out should look like the stuff you are eating and drinking—clear, **without particles**. You know you are done when the stool coming out looks like urine—liquid, clear and light yellow.



Brown and murky.
NOT OK

Dark and murky.
NOT OK

Dark orange and semi-clear.
NOT OK

Light orange and mostly clear.
ALMOST THERE!

Yellow and clear like urine.
YOUR READY!

What can I expect from my bowel prep?

You will have lots of diarrhea from the bowel prep. This will start anywhere from a few minutes to 3 hours after you start your prep. So plan to be home near a toilet. Most people have bloating and abdominal discomfort. This is normal. Many people have nausea. Do not be alarmed if you feel these symptoms. Some people throw up while taking the prep. If this happens, try drinking the prep slower. 20-30 minutes between glasses instead of 10-15 minutes. If that doesn't help, call the doctor's office or the surgery center.

If you do not have a bowel movement within 3 hours, drink the second part of your prep with plenty of clear liquids. If you still do not have any results call the doctor's office or surgery center.

Can I drive myself home after my colonoscopy?

NO. You will be receiving medications to make you sleepy during your procedure. That means you cannot drive for 8 hours. You **MUST** arrange for someone to drive you home after your procedure. We request that your driver remain in the building and available. Also please do not bring small children under the age of 10

* Information taken from the booklet "Getting Ready for Your Colonoscopy. One and Done. Let's do this once and let's do it right!"