

DIGESTIVE DISEASE SPECIALISTS, INC.

Northwest (Baptist Medical Center) Office
Robert A. Rankin, MD
3366 NW Expressway, Suite 380
Oklahoma City OK 73112
(405) 702-1300 or Toll-Free: (800) 787-6177

NAME: _____

DATE OF PROCEDURE: _____

ARRIVAL TIME: _____

PROCEDURE TIME: _____

**1 Ambulatory Endoscopy Center
North**
Baptist Phys Bldg D
3366 NW Expressway, Ste 400
Oklahoma City, OK 73112
405-702-1310

**2 Integris Baptist Medical
Center**
3300 NW Expressway
Oklahoma City, OK 73112
Check in at
Outpatient Registration

**3 Integris Canadian Valley
Regional Hospital**
1201 Health Center Pkwy
Yukon, OK 73099
Check in at Outpatient
Registration

**4 Ambulatory Endoscopy Center
South**
Digestive Disease Specialists
4201 S Western Avenue
Oklahoma City, OK 73109
405-632-4000

COLONOSCOPY

Colonoscopy allows direct visualization of the inside of the rectum and colon. The examination is performed as a single procedure with a flexible instrument. It is done for screening, to aid in the evaluation of your symptoms, or to clarify an abnormality seen on an x-ray. It is possible to remove a polyp or to take a biopsy during this examination.

PLEASE NOTE: It is necessary for you to make arrangements **AHEAD OF TIME** for someone to accompany you to your appointment as you will be given sedation for your procedure. This person must be able to drive you home and must be able to stay in the facility during the procedure. You will **NOT** be allowed to drive or to take a cab home after your procedure due to the sedation you will receive.

In order for the doctor to have a clear view of your colon, it is absolutely essential that the colon be completely free of stool. Therefore you **MUST** complete a bowel preparation regimen the day prior to your procedure as follows:

- 1) Have **ONLY** clear liquids starting the day before the exam. Please see the attached list for acceptable clear liquids. **NO SOLIDS THE DAY BEFORE OR THE DAY OF YOUR EXAM.**
- 2) The day prior to your scheduled procedure: at 2:30 p.m. begin taking your prescribed bowel cleanser as instructed. Drink one glass every 15 minutes until gone. **It is very important to drink it all.** If you get nauseated, take a break for one hour, and then resume drinking.
- 3) You should have nothing to drink 8 hours prior to exam. You may resume your normal diet following the exam unless instructed otherwise. Please carefully follow these instructions. Failure to do so may result in the procedure being cancelled or rescheduled to another day.
- 4) **Medications:** You should take all of your prescribed medications normally with the following exceptions: **Stop aspirin, iron and coumadin three (3) days prior to your procedure and if on insulin, take ½ your normal dose. If you are taking 'blood thinners', diabetes medications or seizure medications, please contact the nurse immediately.** Inform your doctor if you are allergic to any medications and bring a list of all current medications with you to your appointment.
- 5) When you arrive in the endoscopy department, you will be asked to sign a permit to authorize the doctor to perform the exam. Your vital signs will be obtained and you will be asked to put on a hospital gown. Please wear comfortable clothing (i.e. sweats and t-shirt) and leave all jewelry and valuables at home.

POSSIBLE RISKS/COMPLICATIONS: Colonoscopy and polypectomy are generally safe when performed by specially trained physicians who are experienced in this endoscopic procedure. One possible complication is perforation, in which a tear in the bowel wall could require surgery. Bleeding may occur from the site of the biopsy or polypectomy. It is usually minor and stops on its own or can be controlled through the colonoscope. Rarely, transfusions and/or surgery may be required. Other rare risks include drug reactions and complications from unrelated diseases such as heart attack or stroke.

AFTER THE PROCEDURE: You may have some cramping or bloating because of the air introduced into the colon during the exam. This should disappear quickly with the passage of flatus (gas). Generally, you should be able to eat after leaving the endoscopy department. Any unusual symptoms over the next day or so (severe abdominal pain, fever/chills, rectal bleeding, etc.) may indicate a complication and should be brought to the attention of your physician immediately. Bleeding from a polypectomy site can occur several days after your procedure.

TO THE PATIENT: Because education is an important part of comprehensive medical care, you have been provided this information to prepare you for this procedure. If you have questions about your need for colonoscopy, alternative tests or the cost of the procedure, do not hesitate to contact your physician's office. If you have questions about your insurance coverage or benefits, please contact your insurance company.

If you are scheduled for a **SCREENING COLONOSCOPY** and during the procedure the doctor performs a biopsy or removes tissue, the procedure then changes from a **Screening Colonoscopy** to a **Diagnostic Procedure** and your insurance benefits may change. Please check with your insurance company prior to scheduling your procedure to verify your benefits.

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CLEAR LIQUID DIET

- ❑ **JELL-O (NO RED OR PURPLE)**
- ❑ **BROTH** – Chicken, Beef, Vegetable
- ❑ **ANY SODAS** – Coke, Dr. Pepper, Root Beer, Sprite, etc.
- ❑ **TEA** (sugar is okay)
- ❑ **COFFEE** (no milk or cream)
- ❑ **POPSICLES** (any flavor, NO RED OR PURPLE)
- ❑ **LEMON / ORANGE CHILLS** (no sherbet / ice cream)
- ❑ **SLUSH OR ICEE**
- ❑ **FRUIT JUICES** – Apple, White Grape, White Cranberry, White Cherry, etc.
(NO ORANGE JUICE OR TOMATO JUICE)
- ❑ **GATORADE / POWERADE** (NO RED OR PURPLE)
- ❑ **KOOL-AID** (NO RED OR PURPLE)
- ❑ **HARD CANDY** – Lemon Drops, Life Savers, Jolly Ranchers, etc.

Juices and candies must be clear. You should be able to see through them.