

Surgimed Clinic

Colonoscopy Preperation - Afternoon

Your Colonoscopy Appointment

Date:.....

Day:.....

Time:.....

Colonoscopy is the endoscopic examination of the large intestine and the distal part of the small bowel with a CCD camera or a fiber optic camera on a flexible tube passed through the anus. It may provide a visual diagnosis (e.g. ulceration, polyps) and grants the opportunity for biopsy or removal of suspected lesions.

Colonoscopy can remove polyps as small as one millimeter or less. Once polyps are removed, they can be studied with the aid of a microscope to determine if they are precancerous or not. Colonoscopy and polypectomy are relatively safe procedures and are associated with very low risk of complication

Preperation

For the colonoscopy to be thorough and safe, your bowel must be completely empty. So, to prepare for the procedure you may have to follow a diet for one to three days beforehand and take the laxative your doctor prescribes. Aspirin or aspirin-related products should be stopped 4 days prior to the examination. Also tell your doctor if you have any allergies. Do not eat any fruits with skins, seeds, multigrain cereals or bread, seeds, nuts, popcorn, vegetables with skins or strings 4 days prior to the examination (raspberry, strawberry, grape, tomatoes, watermelon, kiwi, , peas, corn, beans etc..)

On..... follow the diet below;
Fromto you can drink clear fluids (tea, coffee, mineral water, water, clear soups,, e.t.c.) Do not drink any milk , milk-products or ayran on the day of your preperation. Your colon must be completely empty and clean to do the test. For the preparation you must purchase the GOLYTELY medication at your pharmacy.. It consists of a gallon jug with a powder mix inside. Mix up the GoLytely® with 3.5 liters of water, the night before you need it and store it in the refrigerator.

In the morning at..... start drinking the entire bottle of GOLYTELY. Drink 1 cup of the mixture every 10-15 minutes until it is finished. You may chew gum or use hard candy between cups if the taste bothers you . Bowel movements should begin when you are at the half of the solution. They will stop approximately 10-15 minutes after you finish drinking the last glass. The colonoscopy prep solution will lead to watery diarrhea, which can often cause irritation and burning in the peri-anal area. When you're picking up the Golytely at the pharmacy, we are recommending that you also get POPOLIN cream to prevent diaper rashes.

Colonoscopy Procedure

Before the procedure you will be asked to remove your clothings and will be given a gown to wear. As part of your colonoscopy preparation, your healthcare professional will give you an intravenous line (IV). Through the IV, you will be given medications and sometimes fluids to help relax and comfort you during the colonoscopy. Your doctor will also place an automatic blood pressure cuff on your arm and a pulse oximeter on your finger. The pulse oximeter checks the oxygen levels in your blood. On average, the procedure takes 20-25 minutes, depending on the indication and findings.

After your colonoscopy you will be taken into recovery room for resting. Due to the effects of the sedation you are advised not to drive a car, operate machinery or make legal/financial decisions that require, until the following day. Please ensure you have made arrangements to have someone else drive you home.

After the procedure you may resume your usual diet and activity. You should not drink alcohol for a day after the procedure. Also If samples were taken or polyps removed, you should not drink alcoholic drinks and if you are on medication for blood thinners (coumadin, dicoumarol etc.) they should be stopped , for the following week.

ÜLKER KULAK

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MEDICATIONS :

- **GOLYTELY Powder – 1 PACK**
- **POPOLİN Cream**

**ADDRESS: HAKKI YETEN CADDESİ
FULYA AŞÇIOĞLU PLAZA KAT 1 D:3
FULYA-ŞİŞLİ**

Note: If you smoke, do not smoke after midnight