

COLONOSCOPY PATIENT INFORMATION

WHAT TO EXPECT: STEP BY STEP



STEP 1: Your provider places the order

- Once your doctor submits an order for your colonoscopy, the process begins.
 - You may have a referral to visit the Gastrointestinal (GI) Clinic
 - Your bowel prep prescription will be filled once your procedure is scheduled
 - Do not take your prep until instructed to by the pre-anesthesia clinic
- Unless instructed differently, you will drink your prep starting the evening before your procedure.
- Make sure you are opted in to text messaging by texting START to 50626
- Make sure you can log into your MyHealth account
 - If you need assistance, you can contact the MyHealth help desk at 713-634-1661 or by visiting MyHealth.harrishealth.org
 - For resources on how to use MyHealth, visit harrishealth.org
 - Click Services
 - Next, select Virtual Care > You will see Education Resources on the left side of the page



STEP 2: Scheduling your appointment

How long does scheduling take?

- You will hear from the scheduler in approximately 90 days.
- The scheduler will attempt to contact you on the phone up to three times to schedule your appointment.
- The scheduler will make appointments for the pre-anesthesia clinic and the colonoscopy procedure.
- If it has been 90 days and you have not been contacted, check your status by calling the **Patient Appointment Center (PAC)** at 713-526-4243.
- If it has been 90 days and you have not been contacted, please **do not** call your primary care physician's office about being scheduled.

Things to consider when making your appointment:

- Prepare to be off from work on the day of the procedure. The anesthesia required for the procedure causes drowsiness.
- You will need to arrange for someone 18 or older to accompany you to the procedure and drive you home after the procedure is complete. Driving is not permitted for 24 hours after your procedure. If this becomes an issue, please let your scheduler know as soon as possible.
- You must have someone with you for 24 hours after the procedure.



STEP 3: Once you are scheduled

Here's what to expect:

- Closer to the time of your procedure, the nurse coordinator will review your medical record, call to confirm details and answer questions.
- A case manager, if applicable, will assist with any questions or needs closer to the time of your procedure.
- Texts and MyHealth messages from the Patient Appointment Center
 - Eating instructions on one day prior to your procedure
 - Bowel prep instructions one day prior to and day of your procedure



STEP 4: Pre-anesthesia

All patients will need a pre-anesthesia evaluation before the procedure.

- The scheduler will contact you to arrange a 1-hour appointment either in person or over the phone.
 - For phone appointments, please make sure you are in a quiet place and have the time to complete your appointment.
- You will receive specific instructions on what not to eat and how to take the bowel prep.
- You will be given instructions on when to stop taking certain medications.



STEP 5: Preparing for the Colonoscopy

When will I get my bowel prep instructions?

- Your bowel prep will be discussed and ordered during your pre-anesthesia clinic visit.
 - Do not fill your prescription or drink any prep before this.

Where can I find resources on the bowel prep?

- Visit www.harrishealth.org/GI to view videos.
 - Videos are available for GoLYTELY, MoviPrep, and “What is a Colonoscopy?”
 - English, Spanish and Vietnamese videos are offered.

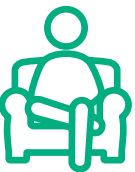
Resource Videos	Videos
What is a Colonoscopy?	Visit www.harrishealth.org/GI to view the videos.
Colonoscopy Prep (MoviPrep)	
Colonoscopy Prep (GoLYTELY)	



STEP 6: Day of test

Here is what you can expect:

- You can expect to be at the clinic for several hours.
- You will be drowsy and unable to drive. You are required to have someone to drive you home or accompany you home using other methods of transportation.



STEP 7: After your test

- You may spend 30-60 minutes in the recovery room.
- You will get instructions on what to eat and which drugs to start taking or hold for a few days.
- You may have gas or bloating after the test. Pass gas to feel normal.
- Do not drive this day, sign legal documents, or operate heavy equipment.
- You must have someone with you for 24 hours after the procedure.
- If you have stomach pain, bleeding, or any other unusual symptoms, please call **Ask My Nurse** at 713-634-1110. Experienced nurses are available to help you and answer your questions at any time.
- You will need to drink lots of fluids following your procedure.
- You may want to avoid heavy meals and greasy foods following your procedure.

Transportation Reminder

- Your ride/responsible adult must stay in the facility to be available until you are discharged.
- Unfortunately, if you are not able to secure a responsible adult to stay with you, we will need to cancel the procedure and reschedule it at another time

Important Information – Things to tell your Healthcare Providers

- Tell your healthcare provider about all the medicines you take, including over-the-counter and prescription medicines, vitamins, herbs and other supplements.
- Tell your healthcare provider if you have a history of kidney problems, bleeding disorders, or breathing issues.
- Let your healthcare provider know if you are taking any blood-thinning medicines, aspirin, ibuprofen, or other medicines that affect blood clotting. You may need to stop taking these medicines before the procedure.
- Tell your healthcare provider if you are pregnant or think you may be pregnant.
- Tell your healthcare provider if you are sensitive to or allergic to any medicines, latex, tape, or anesthesia medicines (local and general).

Common Questions

Who do I call if I need to reschedule?

Call number given to you at the time your colonoscopy was scheduled.

What time should I arrive at the facility?

You should arrive at least one hour before your scheduled procedure.

What happens if I arrive late?

We will try to accommodate you, but it is subject to availability and you may not be able to have your procedure.

What is a colonoscopy?

- Colonoscopy is a test used to screen for colorectal cancer. Screening means looking for cancer in people who may or may not have any symptoms of the disease. This test lets your healthcare provider check the inside of your entire large intestine or colon using a long, flexible tube (colonoscope) that has a light and a tiny camera on one end. It is put in your bottom and moves up through your bowel.
- A colonoscopy may be used to check for and, if needed, treat things such as:
 - Tiny bumps or lumps growing on the bowel (polyp/tumor)
 - Sores (ulceration)

- Redness or swelling (inflammation)
 - Pouches along the bowel wall (diverticula)
 - Narrowed areas of the bowel (strictures)
- The procedure may also be used to
 - Find the cause of unexplained, long-term loose stools, blood in stool or stomach pain.
 - Check the colon after cancer treatment.

What is a bowel?

A bowel is a long, winding tube inside your stomach that helps you digest food, taking out the good stuff your body needs and then getting rid of the leftover waste, which is what we call stool.

Why do I have to prep my bowel?

- A bowel prep refers to a process of cleansing the colon by drinking a special liquid solution or taking a medication that makes you have frequent trips to the bathroom so the bowel will be empty before a medical test like a colonoscopy. This allows the doctor a clear view of the bowel lining to check for things that are not normal like growths (polyps) or cancer; it usually involves food limitations before taking the prep liquid.
- At Harris Health the most common liquid bowel preps are: MoviPrep® (requires mixing) and Golytely®, which does not require mixing but is a very large jug of solution. Some patients may get a different bowel prep prescription and we will go over the instructions prior to your test.

What does a clean bowel look like?

As you drink your prep, the stool coming out should slowly begin to look like the liquid you are drinking – clear without any pieces of stool. Below is a guide to help see what your stool should look like in the toilet when your prep is complete.

