

# Colonoscopy

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After careful medical assessment, your doctor has recommended that you have a colonoscopy. During a colonoscopy, a flexible fiber optic tube (colonoscope) is passed through the rectum into the lower intestinal tract. This procedure allows the doctor to examine the lining of the rectum and the large intestine (colon) and to identify any abnormalities.

**Eye glasses, contact lenses and dentures must be removed prior to the procedure. Following the procedure, you will not be allowed to drive yourself home. You must make arrangements for somebody to drive you home.**

Please let the doctor and the nurse know if you are allergic to any medications or latex.

A needle for intravenous (IV) medicines will be placed in your arm vein before the procedure. Medicine will be injected through this needle that will make you sleepy and relaxed.

As you lie on your left side, the doctor will examine your rectum with a gloved, lubricated finger. He will then insert the lubricated flexible colonoscopy, which will give you a mild sensation of wanting to move your bowels. As the colonoscope is carefully advanced through the colon, the doctor will examine the bowel lining thoroughly. You may feel some cramping or gas due to the air which the doctor is putting into the colon. You may be asked to change positions during the procedure to assist in passage of the colonoscope. Occasionally fluoroscopy (x-ray) is used for a short period of time.

Often a biopsy specimen (tiny bit of tissue) is taken for microscopic examination. If you have a polyp, it may be removed by electrocautery through the colonoscope. You will not feel any sensation or discomfort when the biopsy is performed or the polyp is removed.

Many people do not recall any of the procedure because of the effects of the medicine. After the procedure, you will probably feel drowsy and may sleep for a short period of time. You may feel some bloating from the air inserted during the procedure. You will feel more comfortable if you expel this air.

Before you leave, the doctor will discuss the findings with you. The nurse or the technician will give you written instructions to follow when you get home.

If you have any questions, please feel free to ask the doctor Monday thru Friday 8:00am to 5:00pm at 925-6100. Staff is also available in the surgical outpatient department between 7:00am to 4:00pm, Monday thru Friday at 962-7345 or 962-9847.

**To watch an informational video or review other procedure information prior to the procedure please visit [www.kvch.com](http://www.kvch.com) (click on Health Library or Kittitas Valley Internal Medicine).**

# How to prepare for your Colonoscopy

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Your Colonoscopy is scheduled for \_\_\_\_\_ at \_\_\_\_\_.  
(Date) (Time)

Please report to the front desk at Kittitas Valley Community Hospital. Plan on staying for 3 hours. Follow these instructions to assure proper preparation and diagnosis.

## Obtain from your pharmacy:

- 1 gallon Nulytely
- 2 Dulcolax tablets
- 1 fleet enema
- 1 tube of Preparation H (if you have hemorrhoids)
- 1 tube of Desitin or A&D ointment for burning relief

## 7 days before procedure:

- Please arrange for a ride home from hospital
- Do not take any aspirin, anti-inflammatory medication or blood thinners unless otherwise instructed by Dr. Feng

## 4 days before procedure:

- Begin low residue diet. See attached.

## Day before your procedure:

- Stop** low residue diet. **Start** the clear liquid diet. See attached.
- In the morning, fill Nulytely with water to the line, shake and leave on the counter to become room temperature.
- At 3:00pm*, take 2 Dulcolax tablets with an 8 oz. glass of water.
- At 5:00pm*, drink the Nulytely (8 oz. every 15-20 minutes). Leave ¼ of the Nulytely to drink at 10:00pm
- At 10:00pm*, drink the remainder of the Nulytely
- Do Not* eat or drink anything after midnight

## Morning of procedure:

- Use 1 fleet enema the morning of the procedure at home
  - Take your usual medication in the morning, with a small sip of water.
- Except for the following changes:
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# Low Residue Diet

## Begin 4 days before procedure

Breads, Cereals, Rice and Pasta	Foods to Eat	Foods to Avoid
6-11 servings a day <i>Serving size=</i> <i>1 slice a bread</i> <i>1 cup of cooked cereal,</i> <i>rice or pasta</i>	<ul style="list-style-type: none"> <li>• Enriched white bread, sourdough bread, french bread, rolls, muffins, biscuits and bagels</li> <li>• Waffles, pancakes and french toast</li> <li>• Plain crackers, Ritz crackers and cheese nips</li> <li>• Pasta and white rice</li> <li>• Cereals such as: Cream of Wheat, rice grits, Rice Krispies, corn flakes and Special K</li> </ul>	<ul style="list-style-type: none"> <li>• Any Bread, Rolls, Bagels, Muffins with seeds, nuts or fruit. This includes whole wheat bread and corn bread.</li> <li>• Bran cereals, granola, cereals with seeds, nuts, coconut and dried fruit</li> <li>•</li> </ul>
Fruits	Foods to Eat	Foods to Avoid
2-4 servings a day <i>Serving size=</i> <i>½ cup canned fruit</i> <i>1 medium fresh fruit</i>	<ul style="list-style-type: none"> <li>• Fruit juice without pulp</li> <li>• Canned fruit, applesauce, ripe bananas</li> <li>• Melons (cantaloupe and honeydew)</li> </ul>	<ul style="list-style-type: none"> <li>• Prunes and prune juice</li> <li>• Raw, dried fruits and coconut</li> <li>• Berries and raisins</li> </ul>
Vegetables	Foods to Eat	Foods to Avoid
3-5 servings a day <i>Serving size=</i> <i>½ cup cooked vegetables</i>	<ul style="list-style-type: none"> <li>• Vegetable juice without pulp</li> <li>• Well cooked vegetables such as : Beets, asparagus, green beans, acorn squash, spinach, eggplant, onions and lettuce</li> <li>• Potato with no skin</li> </ul>	<ul style="list-style-type: none"> <li>• Raw or steamed vegetables</li> <li>• Vegetables with seeds</li> <li>• Corn, peas, broccoli, lima beans and any dried peas, beans, lentils and legumes</li> <li>• Potato skin</li> <li>• Olives, pickles, popcorn and nuts</li> </ul>

*Low Residue Diet*  
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Meats	Foods to Eat	Foods to Avoid
2-3 servings a day Serving size= 6oz of meat 1 egg 2 tablespoons of peanut butter	<ul style="list-style-type: none"> <li>• Tender, well cooked or ground meat (sausage, hamburger, ground turkey or chicken)</li> <li>• Fish and poultry</li> <li>• Eggs and tofu</li> <li>• 2 tablespoons of <b>creamy</b> peanut butter</li> </ul>	<ul style="list-style-type: none"> <li>• Tough meats with gristle</li> <li>• Chunky peanut butter</li> </ul>
Dairy and Milk Products	Foods to Eat	Foods to Avoid
2 servings a day Serving size= 1 cup of milk, yogurt or cottage cheese 1 ½ oz of cheese	<ul style="list-style-type: none"> <li>• Milk</li> <li>• Yogurt, custard and ice cream</li> <li>• Mild cheese and cottage cheese</li> </ul>	<ul style="list-style-type: none"> <li>• Yogurt with seeds, nuts or berries</li> <li>• More than 2 servings of dairy or milk products a day</li> </ul>
Fats, Snacks, Sweets and Beverages	Foods to Eat	Foods to Avoid
Eat Sparingly	<ul style="list-style-type: none"> <li>• Butter, margarine, oils, salad dressings, mayonnaise and sour cream</li> <li>• Plain gravy</li> <li>• Sugar, honey, jelly, syrup and gelatin</li> <li>• Coffee, tea, soft drinks and bouillon</li> <li>• Plain desserts, cakes, cookies, hard candy, ice cream, sherbet, popsicles, puddings, pretzels, jellybeans and marshmallows</li> </ul>	<ul style="list-style-type: none"> <li>• Nuts, seeds, popcorn, coconut and dried fruit</li> <li>• Marmalade</li> <li>• Bran and whole grains</li> <li>• Pickles, olives and relish</li> <li>• Candy made with nuts</li> </ul>

### Sample Menu

Breakfast	Lunch	Dinner
½ cup orange juice (pulp free) 1 cup cream of wheat 1 poached egg 1 bagel with cream cheese ½ cup of pears Drink of choice	½ cup of vegetable juice Sandwich made with white bread, chicken, mayonnaise, mustard and lettuce 1 serving of pretzels 1 medium apple Drink of choice	3 oz of baked chicken 1 baked potato without skin ½ cup canned green beans 1 slice grilled french bread with margarine and parsley flakes 1 cup milk Drink of choice

# Clear Liquid Diet

## Begin the day before procedure

	Foods to Eat	Foods to Avoid
<p>A diet of clear liquids maintains vital body fluids, salts, and minerals; and also gives some energy for patients when normal food intake must be interrupted. Clear liquids are easily absorbed by the body. They reduce stimulation of the digestive system, and leave no residue in the intestinal tract.</p>	<ul style="list-style-type: none"> <li>• Jello (lemon, lime or orange-no fruit)</li> <li>• Kool-Aid, Gatorade (Not red or purple)</li> <li>• Apple Juice</li> <li>• White Grape Juice</li> <li>• Chicken Bouillon/ Fat Free Broth</li> <li>• Beef Bouillon/Fat Free Broth</li> <li>• 7-Up, Sprite, Ginger Ale</li> <li>• Clear hard candies</li> <li>• Popsicle (no sherbets or fruit bars)</li> <li>• Coffee (plain)</li> <li>• Tea (plain)</li> <li>• Water</li> </ul>	<ul style="list-style-type: none"> <li>• Milk Products</li> <li>• Liquids Red or Purple in color</li> <li>• Solid Foods</li> <li>• Fats &amp; Oils</li> <li>• Breads &amp; Grains</li> <li>• Meat or meat substitutes</li> <li>• Vegetables</li> <li>• Nectars</li> <li>• Fresh, canned or frozen fruits</li> </ul>

### Sample Menu

Breakfast	Lunch	Dinner
<ul style="list-style-type: none"> <li>• Strained fruit juice 1 cup</li> <li>• Gelatin 1 cup</li> <li>• Hot tea with lemon</li> </ul>	<ul style="list-style-type: none"> <li>• Bouillon/Broth ¼ cup</li> <li>• Strained fruit juice 1 cup</li> <li>• Popsicle 1 serving</li> <li>• Gelatin ½ cup</li> <li>• Hot tea with lemon</li> </ul>	<ul style="list-style-type: none"> <li>• Bouillon/Broth ¼ cup</li> <li>• Strained fruit juice 1 cup</li> <li>• Popsicle 1 serving</li> <li>• Gelatin ½ cup</li> <li>• Hot tea with lemon</li> <li>• Clear hard candy</li> </ul>