

Colonoscopy

General Information & Instructions

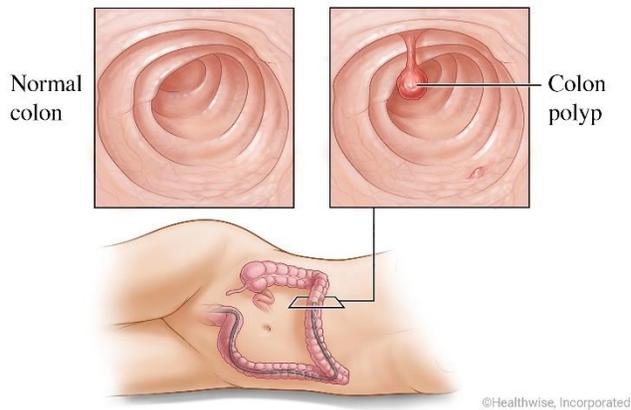


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Thank you for scheduling your colonoscopy. A colonoscopy is the best procedure to prevent and detect colon cancer. It helps you stay healthy. The information below will help you understand what you can expect as you safely prepare for and undergo your colonoscopy.

What is a colonoscopy?

Colonoscopy is an exam that lets a doctor closely look at the inside of the entire colon and rectum. During the test, the doctor will be examining your colon with a special instrument called an endoscope. This instrument is a long, flexible tube which lets the doctor see inside of your colon. If necessary, a tissue sample (biopsy) or removal of a growth (polyp) may be done.



To Learn More
Scan the QR Code or use the website link to view a 2 minute video.



[Colonoscopy Overview Video](#)

How do I prepare for a colonoscopy?

Before a colonoscopy, you'll need to empty or clean out your colon. If the colon is not completely clean, it may make it difficult to do the exam. You will also need to eat a clear liquid diet the day before the exam. These instructions can be found in a separate "Colonoscopy Bowel Prep" handout. Your doctor has prescribed the bowel prep specifically for you, based on your health and insurance coverage.

Please review the Colonoscopy Bowel Prep instructions today, and again one week before your colonoscopy. You will need time to pick up prescriptions and gather supplies.

How long will the procedure take?

The procedure takes approximately 30 minutes. The total time you will be with us, is about 3 hours. This includes arriving 30 minutes before your appointment, registration, prep, procedure, and recovery.

Should I take my medications the morning of the procedure?

You should take heart or blood pressure medication on the morning of the procedure with a small sip of water. All other medications, can be taken following the procedure unless otherwise instructed by your doctor.

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What will happen the day of the procedure?

Once you are escorted to a room, you will be asked questions about your health history, current medicines, and allergies. You will also be asked to sign a consent form before the procedure can begin. After you change into your hospital gown, a nurse will start an intravenous line (IV). The IV will be used to give you medicine that will allow you to be comfortable during the procedure. Equipment will also be used to monitor your heartbeat and breathing.

Prior to receiving sedation medicine, you will be asked to lie on your left side. Once sedated a lubricated tube will pass through your rectum and colon. As the tube passes through the curves of your colon, you may feel some pressure. The doctor will pass air into your colon in order to see the lining. After the procedure, the doctor will remove as much air as possible.

What is Sedation?

To learn more, scan the QR Code or use the website link to view a 2 minute video.



[Sedation Information Video](#)

How will I feel afterwards?

After the exam, you may feel bloated or have gas pains. You may need to pass gas. You'll stay at the hospital until you wake up. Then you can go home. You'll need to have arranged for a support person to help get you home safely. Your doctor will tell you when you can eat solid foods and resume your other usual activities.

Your doctor will talk to you about when you'll need your next colonoscopy. This will depend on the results of your test and your risk for colorectal cancer. If a biopsy was done or a polyp was removed, you may have streaks of blood in your stool (feces) for a few days.



Are there special instructions I should follow?

- Arrange a ride.** Have a responsible support person (typically friend or family member) take you home after your procedure. A responsible support person is someone who can help you get home safely. They should be able to contact your care team if they have any concerns. Make sure to plan this before the day of your procedure. If you plan to take public transportation (i.e. taxi, train, Uber, or Lyft), you will need to arrange for a responsible support person to accompany you and meet you at the hospital.
- Clear your schedule.** Sedation is used during the procedure and it will be unsafe for you to drive or operate any machinery for the remainder of the day. You will not be able to return to work the day of your procedure. You should not make any important decisions for the remainder of the day.
- Wear your glasses.** If you wear contact lenses, do not wear them the day of your procedure. Please bring your glasses.

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What is a clear liquid diet?

A clear liquid diet is part of your bowel prep. And involves only drinking clear liquids and foods that melt into clear liquids. Things such as water, ice, fruit juices without pulp, sports drinks, carbonated drinks, gelatin, tea, coffee, clear broths, and clear ice pops. Items can have color as long as they are see-through or transparent. Items such as milk and orange juice are not considered clear liquids because they are not fully see-through.

What liquids are allowed on a clear liquid diet?



Soups:	Clear bouillon, broth, or consommé.
Beverages:	Water, tea, coffee, decaffeinated tea/coffee, Gatorade, clear carbonated beverages such as 7UP, Sprite or ginger ale. DO NOT put any milk or cream product in your tea or coffee.
Juices:	Apple, white grape juice, strained lemonade, limeade, Crystal Light. Any juice you can see-through and has no pulp is acceptable.
Dessert:	Ice chips, ices, Italian ice, popsicles, JELL-O, hard candy.



Graphic courtesy of Cleveland Clinic



No red, blue or purple liquids are allowed because they can resemble blood on the exam

What is a typical menu for a clear liquid diet?

Breakfast

- 1 glass of pulp-free juice
- 1 bowl of jello
- cup of coffee or tea (without dairy products), sugar or honey, if desired

Snack

- 1 glass of juice (pulp-free)
- 1 bowl of jello

Lunch

- 1 glass of juice (pulp-free)
- 1 glass of water
- 1 cup of broth (chicken or beef)
- 1 bowl of jello

Snack

- 1 popsicle
- 1 cup of coffee or tea (without dairy products), sugar or honey, if desired
- soft drink

Dinner

- 1 glass of juice (pulp-free)
- 1 glass of water
- 1 cup of broth (chicken or beef)
- 1 bowl of jello
- 1 cup of coffee or tea (without dairy products), sugar or honey, if desired

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Who should I call with questions?

If you have any questions or need to talk with a nurse, please contact us at the number listed on page 7.

What if I need to cancel my colonoscopy?

If you need to cancel, please contact us at the number listed on page 6 so we can schedule another patient from the wait list.

What information should I know about insurance coverage?

Check with your insurance company to see if you need to be pre-certified before the procedure or if you need to get a referral from your primary care provider (PCP). There should be a number to call on the back of your insurance card. Depending on your insurance, your procedure may be considered “surgical” and deductibles and co-pays may apply.

Insurance companies treat a colonoscopy in different ways depending on your company’s benefit plan. Please be aware that if your colonoscopy has been scheduled for a “screening” (meaning you have no symptoms with your bowels) and your doctor finds a polyp or tissue that has to be removed during the procedure, the colonoscopy is no longer considered a “screening procedure”. Your insurance benefits may change and your insurance policy may pay differently.

What should I do if I am on blood thinners or have a cardiac stent?

If you have a cardiac stent or you are on a medication such as Coumadin, Eliquis, Lovenox, Plavix, Pradaxa, Ticlid, Xarelto or any other blood thinner, please contact the doctor who started you on the medication to determine if you should stop this medication before the procedure. If you are told **not to stop** one or more of these medications, please notify our office. It is okay to continue aspirin or other over the counter blood thinners such as Advil, Aleve, Ibuprofen, etc... (NSAID medications) before your procedure.

What should I do if I have a heart defibrillator or pacemaker?

Your heart defibrillator or pacemaker device must be checked within 6 months of your scheduled procedure. If it has not been checked at an Endeavor Health facility, please bring documentation on the day of your procedure confirming that it has been checked at another facility.

What should I do if I take a weight loss or diabetic medication that is in a class called GLP-1 agonist (ie Ozempic, Wegovy, Mounjaro, Zepbound, Trulicity, Victoza, Bydureon, etc)?

This class of medications called GLP-1s is used for diabetes and for weight loss. You can continue the medication on your normal schedule. However, you must adhere to the clear liquid diet before your colonoscopy and take the bowel prep as prescribed.

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What should I do if I am a diabetic? The day before your colonoscopy, you will be on a clear liquid diet. A clear liquid diet can cause low blood sugars. Sweating, shaking, blurred vision, extreme hunger, tiredness, and light headedness are symptoms of low blood sugar, also called hypoglycemia. Drink a sugar beverage or take 3 glucose tablets if you experience any of these symptoms. Check your blood sugars frequently.

If you have **Type 1 Diabetes**, notify your primary care provider or endocrinologist and they will give you instructions on how to adjust your insulin before and after the colonoscopy.

If you have **Type 2 Diabetes**, please see the chart below on how to adjust your diabetes medication before and after the colonoscopy.

If You Take Medication for Diabetes	Do This Before Your Procedure	Do This After Your Procedure
Metformin (Glucophage)	Do not take it the day before or the day of your procedure	Restart it the day after procedure
Sulfonylureas: <ul style="list-style-type: none"> • Glimepiride (amaryl) • Glipizide (glucotrol) • Glyburide (micronase) 	Do not take it the day before or the morning of your procedure	Restart it the same day, after your procedure, and once you are eating
Meglitinides: <ul style="list-style-type: none"> • Nateglinide (starlix) • Repaglinide (prandin) 	Do not take it the day before or the morning of your procedure	Restart it the same day, after your procedure, and once you are eating
Pioglitazone (actos)	Do not take it the morning of the procedure	Restart it right after procedure
dppIV inhibitors: <ul style="list-style-type: none"> • Januvia (sitagliptin) • Nesina (alogliptin) • Onglyza (saxagliptin) • Tradjenta (linagliptin) 	Do not take it the morning of the procedure	Restart it right after procedure
SglT2 inhibitors: <ul style="list-style-type: none"> • Farxiga (dapagliflozin) • Invokana (canagliflozin) • Jardiance (empagliflozin) • Steglatro (ertugliflozin) 	Do not take it the day before or the morning of your procedure	Restart it right after procedure
Alpha glucosidase inhibitors: <ul style="list-style-type: none"> • Acarbose (precose) • Miglitol (Glyset) 	Do not take it the day before or the morning of your procedure	Restart it right after procedure

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Should I adjust my Insulin?

Remember, if you have **Type 1 Diabetes**, notify your primary care provider or endocrinologist and they will give you instructions.

If you have **Type 2 Diabetes**, please see the chart below on how to adjust your insulin before and after the colonoscopy.

Please bring your insulin to the hospital on the day of the procedure and your blood testing kit, if you do home blood testing.



If You Take This Type of Insulin for Type 2 Diabetes	And you normally take insulin at night 	And you normally take insulin in the morning 	Do This After Your Colonoscopy
Basal Insulin <ul style="list-style-type: none"> • Lantus (Glargine) • Toujeo or Basaglar insulin • Levemir (Detemir) insulin • Tresiba (degludac) insulin 	Take 80% of your usual dose the day before your bowel prep starts and the day before the procedure.	Take 80% of your usual dose the morning before the procedure and morning of your procedure	Restart your normal dose when taking food again

If You Take This Type of Insulin for Type 2 Diabetes	Instructions	After Colonoscopy
Bolus (short acting) insulin <ul style="list-style-type: none"> • Novolog (aspart) • Humalog, admelog (lispro) • Apidra (glulisine) 	Contact primary care doctor or endocrinologist for what insulin dose to take during the clear liquids and bowel prep.	Restart your normal dose when taking food again
Other insulins-combos or older insulin <ul style="list-style-type: none"> • NPH insulin • Humulin or Novolin 70/30 • NPH/Regular • Humalog 75/25 Lispro protamine/lispro • U500 (Regular insulin) • Afrezza (inhaled) insulin 	Contact primary care doctor or endocrinologist for what insulin dose to take during the clear liquids and bowel prep.	Restart your normal dose when taking food again

We look forward to seeing you.

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Please call with any questions or concerns.

Location	Address			Phone Number
Evanston Hospital	2650 Ridge Avenue	Room 1134	Evanston, IL 60201	847-657-1900
Glenbrook Hospital	2100 Pfingsten Road	1 st Floor	Glenview, IL 60026	847-657-1900
Highland Park Hospital	777 Park Ave West	Room B345	Highland Park, IL 60035	847-657-1900
Skokie Hospital	9600 Gross Point Road	1 st Floor	Skokie, IL 60076	847-657-1900
Swedish Hospital	5140 N. California	2 nd Floor	Chicago, IL 60625	773-907-3038