

**New Hampshire Colorectal Cancer Screening Program (NHCRCSF)  
 INFORMATION & PREPARATION INSTRUCTIONS FOR YOUR COLONOSCOPY**

**Please fill in the following information as you receive it from the site where you have your appointment**

<b>DATE OF COLONOSCOPY:</b>	<b>ARRIVAL TIME:</b>
<b>NAME OF COLONOSCOPY SITE:</b>	<b>SITE PHONE #:</b>
<b>PATIENT NAVIGATOR'S NAME:</b>	<b>PATIENT NAVIGATOR VOICE MAIL#:</b>

A Patient Navigator will guide you through the New Hampshire Colorectal Cancer Screening Program. Please review all information prior to your procedure and talk with your Patient Navigator about any questions or concerns. Your Patient Navigator will call you within a week of acceptance into the program and will give you their name and phone number to put on the top of this page. They will also call you before your colonoscopy to make sure you know what to expect and assist you with any challenges. If you need to reach them they can be reached by leaving a message on their voice mail. Do NOT use these numbers for emergencies.

**What is a Colonoscopy?**

A colonoscopy is a procedure where a specially trained doctor uses a thin, flexible tube with a video sensor on it to look directly at the inside lining of the large intestine, called the colon. Small growths known as polyps can be painlessly removed during the test. You should be able to go back to your usual activities the next day, although occasionally it may take a bit longer.

**Are there risks with a colonoscopy?**

A colonoscopy is a common procedure and complications are extremely unlikely, however any procedure involves some risk. These risks will be discussed by the doctor doing your test. He or she will answer any questions and you will be asked to sign a consent form before the procedure to show that you understand the possible risks involved.

**What to do about your regular Medications**

If you take any of the following medications, please call your doctor to see if it is safe to stop your medications prior to this procedure (or to take a lower dose of diabetes medication). Your prescribing doctor can give you instructions on how to take your medications before and after your procedure.

- Blood thinners like Coumadin, Plavix, Aggrenox, Lovenox injections, Ticlid, Reopro, Integrillin or Aggrastat.
- Diabetes medications.
- Prescription pain medications. Please do not stop taking your pain medications before your procedure.
- Iron pills or supplements. Please discontinue one week prior to your procedure.

Starting **7 DAYS BEFORE** your procedure:

- **Arrange for TRANSPORTATION.** You will be given sedation during your procedure, therefore, you cannot drive for the rest of the day and **you MUST have a responsible adult to accompany you home, otherwise your procedure will be cancelled and rescheduled.**
- **Obtain one container of NuLytely** (or generic PEG -3350, Sodium Chloride) with the prescription sent to you by the doctor who will be doing your colonoscopy. Your Patient Navigator will work with you to obtain this free of charge.
- **Suggested items to have on hand for when you start taking the prep:** Crystal Light\* in different flavors, clear juice such as white grape or apple, clear soda such as ginger ale, popsicles, Jell-O, (no red, blue or purple), broth or bouillon. \*Crystal Light is the name of a sugar-free powder that **dissolves** in water and creates a flavored beverage.
- **Please visit this website if you have access to the internet, for an English language video on some tips and suggestions related to the Preparation and Colonoscopy:**

[http://www.youtube.com/watch?v=xd1N0Wocd5A&feature=player\\_detailpage](http://www.youtube.com/watch?v=xd1N0Wocd5A&feature=player_detailpage)



Starting **1 DAY BEFORE** your procedure:

**Start a strict, CLEAR liquid diet (NO SOLID FOODS).** Examples of clear liquids are:

- ❖ Apple Juice, White Grape Juice, or White Cranberry Juice
- ❖ Beef and Chicken broth or bouillon
- ❖ Tea or coffee, no cream or milk, sugar is ok
- ❖ Ginger Ale, Sprite, SevenUp, Sierra Mist, Water
- ❖ Gatorade, Kool-Aid, Jell-O, Popsicles,

**Do not eat or drink anything red, blue or purple in color**

Fill the one-gallon plastic bottle that contains the laxative powder (NuLytely) with water to the indicated fill line; shake well until the powder is dissolved. ***\*\* It is suggested you do not use the flavor packet you may have received at the pharmacy but instead use Crystal Light. Remember- no red, blue, or purple. Flavor individual glasses and not the entire container so that you do not get tired of the same flavor. You can refrigerate the gallon or keep at room temperature. Some people prefer keeping it at room temperature and drinking it through a straw.***

**4:00 pm – 6:00 pm – Start drinking the NuLytely, with one glass every 10-15 minutes as tolerated. If you feel too full, it is helpful to take a break for 20-30 minutes before continuing to drink the preparation.** You will be drinking **half** of this gallon solution the afternoon and evening before your procedure, and on the morning of your procedure you will be drinking as much of the **other half** of the solution as you need in order to be **passing clear fluid** when you move your bowels. Refrigerate the remaining half of the solution overnight.

**10:00 pm – You should be passing clear, or light yellow fluids when you move your bowels.** You should be done drinking **half** of the cleansing preparation so you can get some sleep. Refrigerate the remaining **half** of the solution overnight.

Starting **ON THE DAY OF** your procedure:

**Drink as many glasses of the prep solution as you need to in order to be passing clear or light yellow fluid that morning,** which will show you are cleaned out. This may be the entire rest of the gallon that you began drinking yesterday. You must be **finished drinking at least 2 hours** before leaving the house. **If you are not passing clear, light yellow fluid and you have completed drinking all of the preparation please call the colonoscopy site (see Phone Number at the top of page 1) for further instructions before you leave to come to your procedure.**

**You MUST continue on the clear liquid diet the day of the procedure and STOP drinking anything 2 hours prior to leaving the house.**

**Wear comfortable clothing.**

**It is important you arrive on time for your procedure (see Arrival Time at the top of page 1).**

**Please plan to be at the Endoscopy Center for about 3-4 hours for this procedure.**

**IN CASE OF EMERGENCY, do NOT use the phone numbers for the Patient Navigators or the NHCRCSP, as they take messages only.**

**\*\*\* VERY IMPORTANT \*\*\***

**If you need to reschedule your appointment, please allow at least 72 hours notice and call the number on the top of page one.**