



COLONOSCOPY PREPARATION

Before your scheduled colonoscopy there are steps that you, the patient, must take to ensure the highest level of safety and effectiveness.

**PLEASE NOTE: IF YOU MUST CHANGE OR CANCEL YOUR APPOINTMENT,
A FEE OF \$75 WILL BE ASSESSED IF NOTICE IS NOT GIVEN 24 HOURS PRIOR TO PROCEDURE**

1. Make arrangements to have someone over the age of 18 drive you to the surgery center, stay with you during the procedure and be able to drive you home after your procedure. Colonoscopy involves sedation, and you will NOT be allowed to leave unaccompanied.
2. Finish entire bowel prep regimen given by physician's office. This is available at your pharmacy and is usually in stock to be picked up same day. Please follow all instructions given on the colon cleanse split-dose regimen to ensure the most effective cleansing; no one wants to do this twice.
3. **Please abide to the Clear Liquid Diet the whole day prior to your procedure unless instructed otherwise.**
4. If you are on any blood thinners such as: Warfarin, Coumadin or Plavix, please notify our nurse at: (817) 468-7200. All your other medications are okay to take the morning of besides any Aspirin or Pain Medication.
5. OTHER MEDICATIONS TO AVOID:

DURING THE COLONOSCOPY

During the procedure, everything will be done to ensure that you will be as comfortable as possible. An intravenous line, or IV, will be placed to give you medication to make you relaxed and drowsy. The drug may enable you to remain awake and cooperative while preventing you from remembering much of the experience.

Once you are fully relaxed, your doctor will first do a rectal exam with a gloved, lubricated finger; then the lubricated colonoscope will be gently inserted.

As the scope is slowly and carefully passed, you may feel as if you need to move your bowels, and because air is introduced to help advance the scope, you may feel some cramping or fullness. Generally, however, there is little or no discomfort.

The time needed for colonoscopy will vary, depending in part on what is found and what is done; on average, the procedure takes about 30 minutes. Afterwards, you will be cared for in a recovery area until most of the effects of the medication have worn off. At this time, your doctor will inform you about the results of your colonoscopy and provide any additional information you need to know. You will also be given instructions regarding how soon you can eat and drink, plus other guidelines for resuming your normal routine.

POSSIBLE COMPLICATIONS

Although colonoscopy is a safe procedure, complications can occur, including perforation or puncture of the colon walls, which could require surgical repair. Complications during a colonoscopy are rare. You should also be aware that colonoscopy is not perfect and even with a skilled physician; some colon lesions (abnormalities) might be missed.

When polyp removal or biopsy is performed, hemorrhage — heavy bleeding — may result and sometimes require blood transfusion or reinsertion of the colonoscope to control the bleeding.

AFTER THE COLONOSCOPY

Plan to rest for the remainder of the day after your colonoscopy. This means not driving, so you will need to arrange to have a family member or friend take you home.

Occasionally, minor problems may persist, such as bloating, gas or mild cramping, which should disappear in 24 hours or less.

GASTROENTEROLOGY PRACTICE ASSOCIATES
OLUFEMI J. ABIODUN, MD
AYODELE T. OSOWO, MD

YOUR PROCEDURE IS SCHEDULED AT:

TRINITY PARK SURGERY CENTER
3501 MATLOCK ROAD
ARLINGTON, TX 76015
(817) 375-9370

MEDICAL CENTER OF ARLINGTON
3301 MATLOCK ROAD
ARLINGTON, TX 76015
(817) 465-3241

Date of Procedure: _____

Mon Tues Wed Thurs Fri

Time: _____ AM / PM

YOUR ARRIVAL TIME WILL BE AN HOUR PRIOR TO PROCEDURE

**The Center will call you the day prior to your procedure with any necessary co-pays/deductibles that will be required at time of service for the facility fees.
Please note that any co-pays/deductibles owed to the physician will be due 1 day prior to endoscopy.
If these amounts are not paid prior to the procedure you will be cancelled.**

We usually obtain your endoscopy results within 1 week and we will have a nurse call you with these results and discuss the next step. We will also mail you a copy of your report.

If you have any questions please feel free to contact our office at: (817) 468-7200.