



Eureka Medical Clinic

General And Specialist Practitioners
DR. HESKITH VANTERPOOL & ASSOCIATES

Name of Patient:

Date of Procedure:

Name of Procedure: Colonoscopy

Getting Ready for Morning Colonoscopy Using Fleet Phospho-Soda®

This preparation is not to be used by patients with kidney disease, congestive heart failure, ascites, or who are on a sodium-restricted diet. Please contact us at the numbers given if you have any of these conditions.

What is a Colonoscopy?

A colonoscopy is an exam of your colon (large bowel). Your doctor uses a long, thin, flexible tube with a built in camera and light. This tube lets the doctor see the lining of your colon very clearly. If needed, the doctor can remove growths in the colon called polyps or take tiny samples of tissue to detect certain conditions.

Important – Read advance.

Procedure may be cancelled if instructions are not followed.

Getting Ready

1 5 days before the procedure you should stop taking:

- Iron.
- All vitamins and herbal supplements.
- Aspirin and anti-inflammatory or anti-arthritis medicines. Ask your pharmacist if you're unsure.
- Blood thinners, such as Coumadin® (warfarin) or Plavix® (clopidigrel). Get detailed instructions from the doctor who prescribed these pills for you.

2 Acetaminophen (Tylenol®) is O.K. to take.

3 Diabetic medicines (oral and insulin) will need to be adjusted for the time you're not eating as normal. Please discuss this with your doctor.

4 You must have an adult to drive you home or your exam will be cancelled. You may take a cab or bus home only if you have a responsible adult with you other than the driver.

5 Plan ahead. For your exam you will be given sedatives which can greatly affect your judgment. On the day of your exam, you will not be able to drive or return to work.

6 Our staff will need to review your health history, prior surgeries, allergies, and medicines taken. Please bring this information with you.

7 You will need to purchase bowel prep supplies at least 2 days before your exam. You will need to buy two 1.5-ounce (or one 3-ounce) bottle of Fleet Phospho-Soda® at any drug store. No prescription is needed.

9 Follow your bowel prep instructions closely. A clean colon is needed for your test to be accurate.

Day before the Colonoscopy

Diet

1. You may have a normal breakfast before 12:00 noon. After 12:00 noon, no solid food, milk, or dairy products.
2. After breakfast you may have clear liquids before and after your bowel prep.
3. Clear liquids include:
 - Water
 - Apple or white grape juice (not tomato, grapefruit, or orange juice)
 - 7-up®
 - Gatorade® (not red)
 - Jell-O® (without fruit)
 - Popsicles
 - Broth
 - Tea or coffee (no cream or milk; sugar is okay)
 - Avoid red liquids (i.e. cranberry juice or red Jell-O®).

Medicines

If you take medicines, take them 1 hour before or 1 hour after drinking the bowel prep.

Bowel Prep

You must take two doses of laxative. Each dose will work for about 3 hours and you must wait 5 hours between doses. The suggested times can be changed for your convenience, but you must allow at least 5 hours between doses. Stay near a bathroom during this time.

1. At 3:00 pm: Add 1.5 ounces (3 tablespoons or 45mL) of Fleet Phospho-Soda to 4 ounces of a clear liquid and drink. Using clear soda or apple juice improves the salty taste. This should be followed right away by one more 8-ounce glass of a clear liquid. You should begin to have some abdominal cramping and liquid bowel movements within ½ to 3 hours. Drink at least four more 8-ounce glasses of clear liquid over the next 5 hours.
2. At 8:00 pm: Add 1.5 ounces (3 tables spoons or 45mL) Fleet Phospho-Soda to 4 ounces of a clear liquid and drink. Using clear soda or apple juice improves the salty taste. This should be followed right away by one more 8-ounce glass of a clear liquid. You should begin to have some abdominal cramping and liquid bowel movements within ½ to 3 hours. Drink at least three more 8-ounce glasses of clear liquid before bedtime.
3. When finished with the prep, your bowel movements should be watery, free of solids, and appear clear to tan.

For problems with your bowel prep you can reach us : Tel. 284 494 2346

Day of the Colonoscopy

- 1 No solid food, milk, or dairy products until after your exam.
- 2 You may drink clear liquids until 4 hours before you arrive (i.e., water, apple juice, 7-up®, Gatorade®). Avoid red liquids.
- 3 Medicines we want you to take include blood pressure pills, heart pills, breathing medicines, or inhalers. Do not take the pills and supplements mentioned under “Getting Ready”.
- 4 In order to allow time to park and get checked in, please arrive 15 to 20 minutes before your scheduled time. If you are delayed, call us at 284 494 2346 to let us know you are going to be late.
- 5 Plan to be with us about 2-3 hours. Your driver will need to be available in our

waiting room or by phone during this time.

The Colonoscopy

A nurse will review your health history and place an IV. The IV is used to give you medicines which make you feel drowsy and relaxed during your test. The procedure will take 15 – 30 minutes (about an hour with sedation). You will then go to our Recovery Room for about an hour. Your driver may sit with you there. Once awake, you will be given something to drink. Your doctor will discuss results with you before discharge. You and the doctor who referred you will receive a copy of the report.

After the Colonoscopy and for the Rest of the Day

(because you would have had sedating medication)

- Do not return to work.
- Do not use hazardous machinery.
- Do not make any important decisions.
- Plan to rest.
- Do not drink alcohol.
- Do not drive.

You should be able to resume normal daily tasks on the day after your test.

You may feel bloated for a few hours. This is caused by air that was put into your colon during the exam. It's best to wear loose fitting clothes.

Most often, you may eat and drink what you wish after the exam.

How to Contact Us

Contact Information:

Dr. Nabeal Morcos or Dr. Heskith Vanterpool

Eureka Medical Clinic

Geneva Place, Road Town

Tortola, VG1110

British Virgin Islands

Tel : 284 494 2346 Fax: 284 494 6755

www.eurekamedicalclinic.com

If you are not able to keep your appointment, please let us know **as early as possible, but in any case unless 24 hrs** in advance.