

Preparing for Your Colonoscopy

AltaMed CRC Registry Team



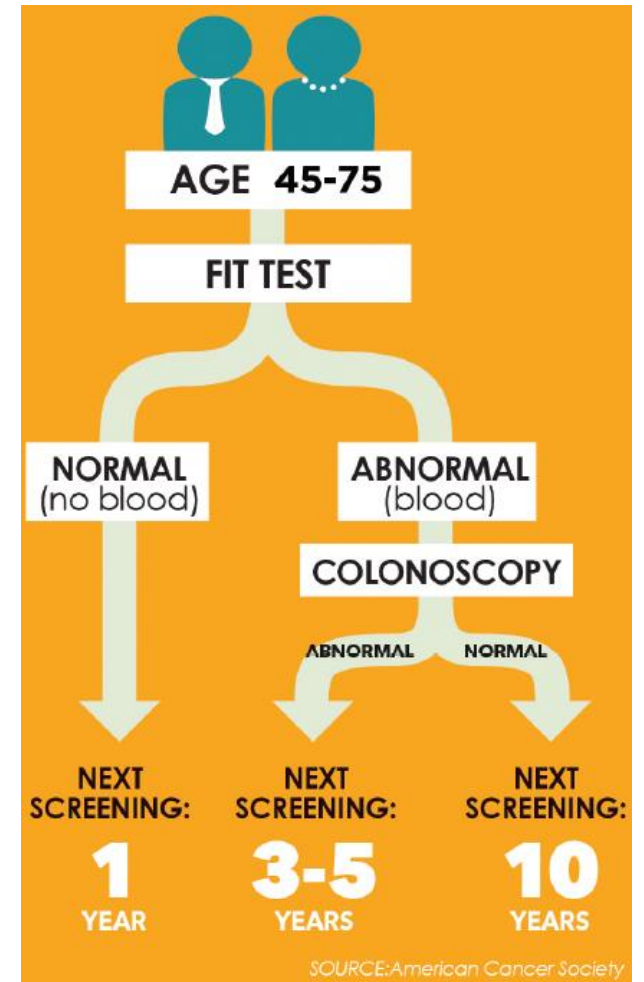
Topics to Review

- Abnormal FIT Result
- Why do I need a colonoscopy?
- What is a colonoscopy?
- Preparing for Colonoscopy
- Day of Colonoscopy
- After Care



Abnormal FIT Result

- An abnormal FIT result means that **blood** was found in the stool sample you submitted, but it **does not** tell us why or where the blood is coming from
- There are many possible reasons for why blood was found in your stool, including:
 - Hemorrhoids
 - Ulcers
 - Anal fissures
 - Diverticular disease
 - Inflammation
 - Colorectal Cancer
- The only way to find out is through a **colonoscopy**



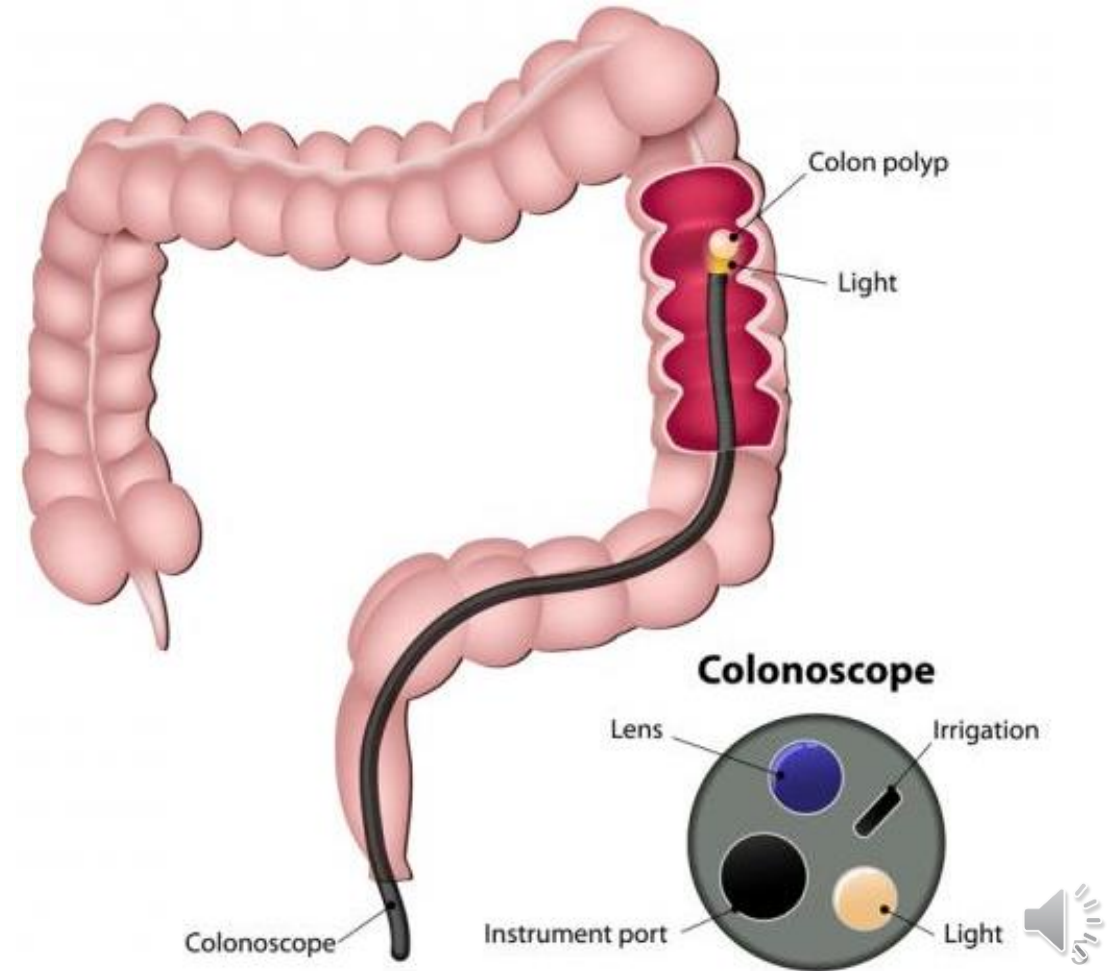
Why do I need a colonoscopy?

- A colonoscopy is recommended to rule out colorectal cancer since this is the **2nd cause of cancer death in the US**
- More than half of the deaths due to colorectal cancer could be **prevented** with screening and timely follow-up after an abnormal FIT result
 - Early detection is key



What is a colonoscopy?

- The GI doctor uses a colonoscope to examine the inside of the colon
 - Colorectal cancer usually begins as a polyp, or extra tissue growth, so the colonoscope allows the doctor to **find** and **remove** any polyps or lesions that can develop into colorectal cancer
- There is **no pain** because medicine is given to help the you relax or sleep



What happens when a polyp is found?



- Most polyps can be removed with the colonoscope during the procedure
- If any tissue samples (biopsies) are collected, they will be sent to a lab to get a better look at them



Let's watch a video!



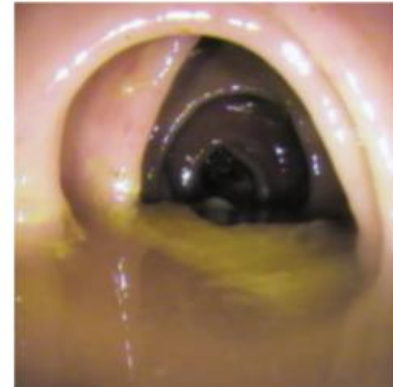
Preparing for your Colonoscopy

- Your bowel needs to be clean
- Many patients **do not** prep well for their colonoscopy and it can result in:
 - a missed polyp
 - a longer procedure
 - needing to re-do the colonoscopy entirely
- You also run the risk of your colonoscopy being canceled if you do not prep accordingly

When your colon is clean, doing the colonoscopy is like driving on a country road on a sunny day. It is easy to see and to drive.



When your colon is dirty, doing the colonoscopy is like driving on a winter road in a snow storm. It is hard to see and hard to drive.



UCLA Health



3 Steps to a Successful Bowel Prep



1

Begin a low fiber diet 3-5 days before colonoscopy

Low Fiber Food Examples

- White rice, refined pastas, noodles
- Cooked vegetables *without* seeds like asparagus, carrots, mushrooms, green beans, potatoes *without* skin
- Bananas, soft cantaloupe, avocado
- Chicken, fish, tofu, eggs
- Cakes, cookies, pudding
- Popsicles

Examples of what to eat instead



1

Begin a low fiber diet 3-5 days before colonoscopy

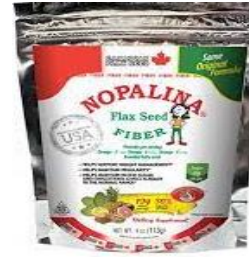
High Fiber Foods to Avoid

- ❑ Whole-grain breads, oatmeal, cereals, granola, tortillas
- ❑ Nuts, seeds, raw or dried vegetables or fruit (NO salads)
- ❑ Beverages with pulp
- ❑ Nutritional supplements that contain fiber
- ❑ Pepper, beans, corn, popcorn

Other Foods to AVOID

- ❑ Beef and pork
- ❑ Dairy products like milk, yogurt and cheese

DO NOT eat these 3-5 days before your colonoscopy



2

Clear liquid Diet: 1 Full Day before Colonoscopy

- A clear liquid diet means that you should **NOT** eat any solid foods and should **ONLY** drink clear liquids 1 day before your colonoscopy
- **Avoid all dyes** like red, purple, green, blue or orange found in sports drinks
- What is considered a clear liquid?



Orange Juice



Pineapple Juice



Apple Juice



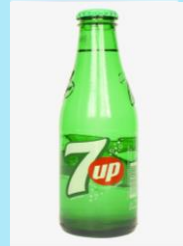
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Examples of What to Drink

WATER OR
MINERAL
WATER



SODA, CLUB
SODA



CLEAR SPORTS
DRINK



TEA



GELATIN



CLEAR BROTH



POPSICLES



COFFEE



2 Examples of What NOT to Eat or Drink

MILK OR DAIRY PRODUCTS



MILKSHAKES



COFFEE WITH CREAMER



ANY RED, ORANGE, BLUE GREEN, OR PURPLE DRINK



14

3

Bowel Prep Medications: Usually 1 Day Before Colonoscopy

- Every medication has a different start time and is a little different
- Your specialist selected the bowel prep that is more convenient for you given your medical history

BOWEL PREP GENERAL INSTRUCTIONS

Please follow the bowel prep instructions from your doctor.

In general, **1 DAY before** your procedure, you should **START taking** the bowel prep medication.

There are several types of bowel prep medication (i.e. GoLYTELY®, MiraLAX®). All bowel prep medications follow a “split-dose” process, which means you take the colon prep in two doses:

Dose #1 Taken between 3pm and 6pm the **night before** the colonoscopy

Dose #2 Taken 6 to 8 hours before the colonoscopy



Common Bowel Prep Medications: GoLYTELY & Miralax



What to expect after taking bowel prep medications?

- In general, bowel prep medications will cause the following:
 - **Diarrhea**
 - **Mild bloating**
 - **Mild abdominal cramps**
- This is very normal and means the medication is working to clear stool from your colon
- A well-prepared colon produces **yellow liquid**



Other Tips

- Avoid alcohol- it can make you dehydrated
- Aim to drink at least **12 tall glasses** (about 8-10 ounces each) of clear liquids throughout the day in addition to what you drink with your bowel prep solution/medication
 - Around **3.5 liters total**
- Clear liquids are allowed up to **4 hours** before the procedure, after this you **should not** have anything to eat or drink
 - You can resume a normal diet & routine medications after the colonoscopy
- Adjust your routine medications as instructed by the GI specialist and/or your PCP



You will need a companion

- Since you will be sedated or partly sedated for your procedure you will need to have a companion who is **18 years old or older**
 - If you don't have a companion at the time of your appointment, the procedure will need to be **canceled**
- Colonoscopies usually last 40 minutes, but plan to be at the GI office **3-4 hours** from check-in to discharge to account for the prep and recovery time needed



You might need a COVID-19 Test

- In LA County, most GI practices require a **negative COVID test 3 days before the procedure**
- In Orange County, patients are required a negative COVID test if colonoscopy is done in the **hospital**, but **not** required if done at a **surgical center**
- Every GI practice is a little different, so please check with your GI practice if you have any questions



Immediately After the Procedure

- Most patients are moved to a recovery room until the effects of the **sedation wear off**
- Before you are discharged, your GI doctor will provide with you with any after care instructions and update you on when you will hear back about your results
- It can sometimes take a **couple weeks** if polyps or biopsies were taken during the procedure since they need to be sent out to the lab
- Most specialists will schedule a **follow-up appointment** to discuss the results
- After your colonoscopy, please plan on relaxing and having recovery time at home. **Take it easy!**
- Remember that a colonoscopy is generally a safe procedure and complications are rare



Frequently Asked Questions

- Are they going to put me to sleep?
 - Most patients are not put completely to sleep, but it is possible. They are instead given a sedative.
- Will I be able to go to work after my colonoscopy?
 - You will not be able to go to work after your colonoscopy. Sedatives take time to wear off and you will need time to recover. You should be able to go back to work the next day.
- Do I really need someone to accompany me to my colonoscopy?
 - Yes, you will need to have a companion who is 18 years old or older.
- Remember, the key to a successful colonoscopy is a **low fiber diet** 3-5 days before your colonoscopy and a **clear liquid diet** 1 day before your colonoscopy.



**For additional questions, feel free
to contact the CRC Registry at
888-499-9303**

