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SURGERY

Division of General & Colorectal Surgery
1150 Youngs Road, Suite 203
Williamsville, NY 14221
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Colonoscopy Information for Patients of Dr. Jessica Martinolich

PATIENT RESPONSIBILITY FOR A COLONOSCOPY

It is imperative that you thoroughly read and understand the attached instructions for bowel preparation at least two weeks prior to your scheduled appointment. There are many medical conditions that require special attention or restrictions, such as clotting abnormalities, implanted defibrillators, artificial heart valves, or mitral valve prolapse with regurgitation. It is your responsibility to review these instructions and inform us if your medical condition falls into one of these categories.

FINANCIAL RESPONSIBILITY

Medical insurance may not cover the entire cost of this procedure. You will be responsible for any co-pays, co-insurance, deductibles, or non-covered services, as determined by your insurance. It is the patient's responsibility to understand their insurance benefits and financial responsibility. Please contact your insurance company to request your benefit and eligibility information or if you have any questions regarding your coverage for this procedure. If your insurance changes before your procedure, please call our office with your updated insurance information.

WHAT IS A COLONOSCOPY

It is a safe and effective means of visually examining the full lining of the colon and rectum using a long, flexible, fiber optic instrument. The colonoscopy is used to diagnose colon and rectal issues, perform biopsies, and remove colon polyps.

BOWEL PREPARATION

It is very important that the bowel be cleansed of all residues before a colonoscopy. Please follow the attached instructions carefully and do not eat any solid foods after the time indicated on your instruction sheet. It is also important to drink an increased amount of fluids on the day of your preparation and day of your procedure, to keep your body from becoming dehydrated.

WHAT TO EXPECT ON THE DAY OF YOUR PROCEDURE

When you report to the registration desk, you will be asked to present your insurance information for the facility's billing department.



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In the GI lab, you will be interviewed by a nurse who will take a brief medical history. Please bring a list of your medications and drug allergies. You will then be asked to change into a hospital gown and lie down on the examination table. An IV will be started, so you can be given sedation during the procedure. This will keep you relaxed and comfortable. A lubricant is applied to the anus. Then, the doctor will insert the colonoscope and advance it through the entire colon. You may feel some cramping as the scope passes around certain turns in the colon, but this does not last long and is relieved as soon as the scope is repositioned. Air will be introduced into the colon during the procedure, and this may make you feel bloated. Please feel free to pass this air, as it will make you feel more comfortable.

After the procedure, you will rest in a recovery area for about 20-30 minutes. This will allow the sedation to wear off and give you time to pass any remaining air from the colon. You will be given some juice or soda at this time if you wish. In most cases, you will be allowed to resume your regular diet immediately, however, detailed instructions will be given to you by a nurse. The doctor will explain to you and your family member or companion what he found during the procedure and what recommendations he has for you.

As with any surgical procedure, there are some risks involved. Perforation of the colon is a slight risk, but an extremely rare occurrence. Some bleeding after the procedure is common, especially if polyps were removed or biopsies taken. The doctor will explain to you individually what to expect following your colonoscopy.

COVID-19 VACCINATION

If you have been vaccinated, please send us a copy of your vaccine card. Make sure the entire card can be seen clearly and legibly. You may email a copy to cmajewski@gppconline.com, mail it to 1150 Youngs Road, Suite 203, Williamsville, NY 14221, or fax it to 716-636-0132. Please also bring the ORIGINAL COPY of your vaccine card with you on the day of the procedure.

INSTRUCTIONS

Please read and review these instructions carefully. Feel free to call us if you have any questions or concerns. Also, please let us know if you have any medical conditions, such as diabetes, heart or kidney disease, as indicated on your preparation sheet.

- * Please review these instructions at least two weeks prior to your procedure.
- * Do not schedule this procedure if you plan to be going out of town three (3) days after the scheduled procedure.
- * If you weigh over 300 pounds or have a BMI over 50, it is IMPORTANT that you contact the office and notify us.



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Please avoid Aspirin, Ibuprofen, fish oil, iron supplements, flax seed, Vitamin E, and any anti-arthritic medications for seven (7) days prior to the procedure. You may take Extra Strength Tylenol. If you take any blood thinners, we recommended stopping them five (5) days before your procedure, with clearance from your primary care physician or cardiologist.

You may continue to take any heart, thyroid, blood pressure, or cholesterol medications as you normally would, even on the day of your procedure.

If you are a diabetic on insulin, it is important to check with your primary care physician for instructions. We usually suggest you cut your insulin dose in half on the day before and morning of the procedure, but this should be confirmed with your physician. These include but are not limited to Humulin, Glucophage, Actos, Glucovance, Metformin, Lantus, Glyburide, and Humalog.

If you had any artificial implant (i.e. hip replacement) or any heart valve condition, please check with your physician to see if they recommend the use of prophylactic antibiotics. We no longer recommend antibiotics prior to endoscopy procedures, but will be happy to arrange this if your physician advises it.

Over-the-counter:

- (3) 10 ounce bottles of Magnesium Citrate
- (1) Phazyme tablet
- (4) Dulcolax tablets

Prescription:

- (2) Zofran tablets

You will begin a clear liquid diet 24 hours prior to the procedure. Absolutely no solid food or dairy products. It is very important that you drink plenty of fluids all day the day before the procedure to prevent dehydration. You will be spending a lot of time in the bathroom as the laxative works to clean your colon, and you will be losing a lot of fluid that needs to be replaced.

Clear liquids include: strained soup, broth, bouillon, popsicles, lemon ice, Jell-O, clear soda pop, and clear fruit juices (apple, cranberry, grape). Gatorade is also recommended. Coffee and tea are okay, but both contain caffeine that can make you urinate more. You will need to drink extra fluids to make up for the loss. Try to avoid preparations that contain red food coloring. Hard candy is okay, if slowly dissolved.

DAY BEFORE THE COLONOSCOPY

You may mix the Magnesium Citrate with your juices when drinking.

- At 5:00 p.m., drink 10 oz Magnesium Citrate and take two (2) Dulcolax tablets.
- At 8:00 p.m., drink 10 oz Magnesium Citrate and take two (2) Dulcolax tablets.



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- You must drink five (5) 8 oz glasses of clear juice or water before retiring to bed.
- Take one (1) Phazyme tablet at bedtime.

DAY OF THE COLONOSCOPY

- 4 hours before your appointment, drink 10 oz Magnesium Citrate (if your appointment is before 9:00 a.m., you can drink this at midnight before going to bed).
- You must drink five (5) 8 oz glasses of clear juice or water before your procedure.
- It is recommended that you have some JELL-O or broth, and again, as much clear liquids you can drink.

*If/when you feel nauseous, you can take one (1) Zofran tablet every 8 hours.

YOU MUST HAVE SOMEONE DRIVE YOU HOME AFTER THE PROCEDURE – NO TAXI OR BUS

We recommend that you do not drive or work for 12 hours after the procedure due to the sedation (if applicable). The procedure may last 20-30 minutes. Including recovery time, you may be at the hospital/surgery center from 1½ - 2½ hours.

Please call our office if you have any questions or concerns. Be sure to check your voicemail and answering machine regularly, as the time of your procedure may change.