

Colonoscopy Services / What to Expect

What type of sedation will I receive?

MAC Anesthesia stands for Monitored Anesthesia Care. You will be put to sleep and will be unconscious, in a deep nap state. However, you will be able to breathe on your own without the need of a breathing tube. MAC Anesthesia uses the drug Propofol that is administered via an IV. This type of anesthesia gives comfort and amnesia to patients and also gives the advantage of a much quicker recovery time. Patients wake up from the induced sleep almost instantly after medication is stopped and a large part of the effects of the drug wear off in less than 20 minutes.

What happens during the colonoscopy?

A colonoscopy is an exam that allows a doctor to closely look at the inside of the entire colon. The doctor will give you medication during the procedure to make you relax. You will be asked to position yourself on your left side. The doctor is looking for polyps or signs of cancer. Polyps are small growths that over time can run a risk for cancer. The doctor uses a thin, flexible, hollow, lighted tube that has a tiny video camera on the end. This tube is gently eased inside the colon and sends pictures to a TV screen. Small amounts of air are puffed into the colon to keep it open and allow the doctor to see clearly. There is suction on the scope, so any residual prep fluid in the colon will be suctioned out during the procedure and there is minimal risk of you having an accident while sleeping.

Can I have the colonoscopy done if I am on my menstrual period?

Yes, the procedure can still be performed. You may wear a tampon or pad.

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Colonoscopy Services Frequently Asked Questions



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What to Expect When Having a Colonoscopy.

Remember:

- Dress comfortably, wearing something loose fitting and easy to put on after your test.
- Leave all valuables and jewelry at home. If you have rings that you are unable to remove, we will place tape around them during your procedure.
- Please bring your insurance cards and a photo ID with you to scan into our computer system. We are a separate entity from your Gastroenterologist's office, and may need to rescan your information.
- Though the procedure itself is only 20-to-30 minutes, you should expect to be at the hospital for a total of 2 hours. We require patients to arrive one hour prior to the procedure to allow ample time for a nurse to review your history, medications, and allergies. The nurse will determine if your prep was adequate and decide if an enema or additional prep is needed. The nurse will then start an intravenous (IV) line and attach special monitoring equipment to your skin. After the procedure, you will rest in the recovery area under observation for an additional 30 minutes.
- You will be given a hard copy of the preliminary results at the time of discharge. However, it will take about 3 to 5 days to receive the results of any biopsies or polyp removals.

Why avoid red liquids?

The artificial red dye stains the lining of the colon and can look like blood or inflamed tissue.

Can I take my morning medications?

Please take any of the following medications you are on the morning of your procedure: blood pressure, heart medications, anti-seizure medications, asthma and anxiety medications.

What happens if I forget to stop taking aspirin, anti-coagulants, or blood thinners?

Stop taking them immediately and call the pre-op department at **(812) 206-9504**. These medications increase your risk of bleeding, which is why we recommend that you stop taking them 3-to-5 days before your procedure. Our staff will help you determine whether or not your procedure will need to be rescheduled.

I am a diabetic. What precautions should I take during the preparation period?

If you are diabetic, we will give you special instructions when your procedure is scheduled. Please let us know about all of your diabetic medications. It is important that you check your blood sugar frequently the day before and the day of your procedure. Since you will be on clear liquids, your blood sugar will tend to drop faster than normal. This can be avoided by including some fluids with regular sugar in your diet. It may also be helpful to have some glucose tablets or hard candy in case your blood sugar drops. Please note that Sorbitol is a concentrated artificial sweetener and will NOT raise your blood sugar level during the prep.

How long does it take the Magnesium Citrate to work?

This liquid laxative should take effect within 2-6 hours. If you don't begin to have frequent and loose bowel movements within that time, take 3 Dulcolax Laxative tablets from your local drugstore and drink plenty of clear liquids.

What happens if I start drinking the prep and I become nauseated or start vomiting?

It is important that you continue drinking the prep if at all possible. Without a clean bowel, the doctor will not be able to see inside of your colon to complete the examination. Take a 30 minute break, and then try again. Drinking the prep more slowly may also help. If you continue to have problems, call the pre-op department at **(812) 206-9504**.

My bottom is sore. What can I do?

Try using a wet washcloth or baby wipes instead of toilet paper. Gently pat instead of rubbing. You can apply Vaseline, Preparation-H, Anusol, or Destin creams as often as you like before your procedure.

What if I have a cold or cough?

If you have a fever, a severe cough, the stomach flu, or don't feel well enough to do the prep, please call with as much notice as possible to reschedule your procedure. It is okay to have a colonoscopy if you are taking an antibiotic for a sinus or lung infection as long as you don't have a fever or feel too ill to complete the prep.

Will I speak with my doctor after my colonoscopy?

Your doctor will meet with you and your family member / friend while you are resting in the recovery area. You may not remember this meeting due to side-effects from the sedatives that will be given to you.

Why can't I drive myself home after my colonoscopy?

You may be sleepy, nauseated, uncomfortable, or simply not yourself for a few hours after your colonoscopy. In addition, your reflexes will be poor as a result of the anesthesia that will be given to you. For this reason, you will not be able to drive or operate heavy machinery for the remainder of the day and you will need someone to accompany you and make sure that you get home safely.

If you do not arrange for a responsible party (18 years or older) to transport you to and from PMC Regional Hospital, your procedure will be rescheduled.