



## Medical Clinic of Houston, L.L.P.

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*“The Sunset Clinic” - Established in 1968*

### Colonoscopy: Peg Lavage Prep

**Arrive:** \_\_\_\_\_

**Date of Procedure:** \_\_\_\_\_ **Time:** \_\_\_\_\_

The results of this test depend on your colon being carefully cleansed and emptied. Feces (stool) in the colon can hide disease and tumors that may be present. Please follow these instructions as carefully as possible; otherwise the exam may be inaccurate or need to be repeated. Please call Dr. Lahoti at 713-526-5511 with any questions. **Note: This is a 4 page document. Make sure you have all 4 pages.**

- If you are taking **blood thinners** (for example **Coumadin, Plavix, or Pletal** ) or **medications for diabetes**, call Dr. Lahoti immediately and discuss how to manage your medications.

#### **5 days before the procedure:**

- Stop taking aspirin and aspirin-like products such as Advil, Motrin, Alka-Seltzer, Aleve, etc...
- Pick up the Halflytely solution (prescription) and Dulcolax tablets (bisacoydl) and simethicone tablets (Gas-X or equivalent) at the pharmacy (last two are over the counter).

#### **2 or 3 days before your procedure:**

- Ask an adult family member or friend to come with you on the test day to drive you home or be responsible for transporting you home. Since you will be sedated during the test, you will need to have someone take you home and help care for you after you leave. If you cannot arrange for this, your test must be postponed.
- Stop fiber supplements (for example Metamucil) and foods with small seeds (cucumbers, kiwi, sesame seeds, etc...)

#### **Day before the procedure:**

##### **In the morning:**

- You may take all of your normal medications unless Dr. Lahoti gave you other directions.
- Prepare the Halflytely solution. Read the instructions on the bottle carefully and prepare the solution according to the instructions on the bottle. If the solution is not flavored, you may add one or two packets of lemonade-flavored drink mix (such as Crystal Light). Chill the solution in the refrigerator.

**At 7:00 AM :**

- Take 2 Dulcolax tablets by mouth.
- Begin a clear liquid diet. Drink plenty of clear liquids throughout the day. The liquids will help to cleanse the colon and will also help to keep you from becoming dehydrated. See the table below for some examples of clear liquids.
- **DO NOT** eat cream products, yogurt, or drink any milk or milk-based liquids until your colonoscopy is completed. **DO NOT** eat any solid food until your colonoscopy is completed.
- No red liquids or foods.

<b>Food Type</b>	<b>Examples of Allowable Foods</b>
Soups	Fat-free clear broth, consommé, bouillon
Fruits	All fruit juices without pulp except prune and pear juice. (Apple and grape juice may cause flatulence (gas) in some patients.)
Desserts	Jell-O (any color but red and without milk or fruit), Italian ices. Please do not eat any Jell-O after you have finished drinking the Halflytely solution.
Beverages	Plain tea (hot or cold), carbonated beverages, black coffee, clear fruit-flavored beverages
Miscellaneous	Salt, sugar, honey, syrup, ice popsicles (except red color)
Supplements	Elemental formulas, clear-liquid supplements

- Take two Dulcolax tablets by mouth at 2:00 p.m.
- Begin drinking your solution at 4:00 p.m. You can start the solution as early as 3 p.m but no later than 6 p.m. The bowel prep will cause you to have many liquid bowel movements, so stay close to toilet facilities.
- Drink an 8-ounce glass of the solution every 10-15 minutes until you have finished the entire solution. It is best to keep the liquid chilled and drink each glass quickly rather than slowly sipping it. Swishing the mouth with some Gatorade, Sprite or other clear beverage after drinking each glass will help remove the aftertaste.
- Bowel movements should begin within 2 hours after the first glass. They will continue for several hours after you finish the last glass. Some patients find placing Vaseline around the anus or using Tucks wipes helps to decrease any irritation to the area from the multiple bowel movements.
- Feeling of bloating, abdominal fullness and/or nausea are common after the first few glasses because of the large volume of fluid ingested. This is temporary and will disappear once bowel movements begin. Walking between glasses will help to decrease bloating and hasten the transit of the liquid through the colon.
- If you have vomiting while drinking the solution, stop for 1 hour, and then begin drinking again. If you vomit again, stop the prep and call Dr. Lahoti for instructions.

- After drinking the prep, plain hot tea may help to settle your stomach and warm you if you had chills while drinking the solution.
- After taking the solution, take two tablets of simethicone by mouth.
- You may have clear liquids up until 6 hours prior to your appointment time. After that you will need to begin fasting.

### **Morning of the procedure:**

- You may take all your normal prescription medications with a small amount of water unless told otherwise by Dr. Lahoti (blood thinners and diabetic medications need to be discussed with Dr. Lahoti).
- Dress in loose-fitting, comfortable clothing.
- Leave your jewelry and valuables at home.
- Report to the Endoscopy center at your scheduled time. Be sure to bring along a list of all the medications that you are taking.

**Your Procedure:** After your admission is complete, a staff nurse will start an intravenous line (IV). If you have not met Dr. Lahoti before, he will meet and talk with you in the procedure room before the procedure. Just before starting the procedure, Dr. Lahoti will give you medications for sedation through the IV to make you relaxed and to minimize any discomfort. Colonoscopy is very well tolerated, and some patients fall asleep during the examination. Some discomfort may occur during the procedure, although the discomfort is usually not severe. If necessary, additional medications may be used during the procedure to make the procedure a comfortable experience for you. The entire procedure usually lasts from 20 minutes to one hour.

Because the medications that are used may make you drowsy for many hours after the procedure, a companion must accompany you or be available to transport you home from the recovery room. You will not be allowed to drive yourself home after your colonoscopy, and you should not plan to return to work for the rest of the day.

**After your procedure:** After your colonoscopy is completed, you will be taken to the Recovery Room adjacent to the Endoscopy Unit. Your stay in the Recovery Room will last approximately 30-60 minutes depending on your response to the sedation administered. Nurses will watch you closely for any problems that may occur, but complications are exceedingly rare.

Dr. Lahoti will talk to you about the results of the colonoscopy before you leave. If you had a biopsy, call Dr. Lahoti's office 3 working days after the procedure for biopsy results.

**AFTER APPROPRIATE OBSERVATION, YOU WILL BE DISCHARGED ONLY WITH SOMEONE TO ACCOMPANY YOU AND DRIVE YOU HOME.**

**At Home:** **DO NOT** drive a car, operate any machinery, go to work, or eat out at a restaurant until the day after your colonoscopy. Start with a clear liquid diet and, if tolerated, advance slowly. You may feel some rectal irritation, distention, or mild abdominal pain after your procedure.

**Call Dr. Lahoti (713-526-5511 Ext. 4480) if:**

- You have temperature of 101 degrees F (38.3 degrees C) or higher any time during the first 72 hours after the procedure.
- You have bleeding from the rectum (1 teaspoon of blood or more).
- You have severe abdominal pain.
- You have any symptoms that concern you.

**\*\*Please fill out the form attached to back packet and bring it with you to the Endoscopy Center \*\***