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MARIN GASTROENTEROLOGY
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GREENBRAE, CA 94904
(415) 925-6900
FAX (415) 925-6919
www.MarinGastro.com

Date: _____

Patient Signature: _____

INSTRUCTIONS FOR OUTPATIENT COLONOSCOPY WITH OR WITHOUT BIOPSY OR POLYPECTOMY

Colonoscopy is a procedure to examine the colon with a long, flexible, lighted tube or scope. It allows biopsies to be performed and sometimes growths are removed using electric cautery and a wire loop or snare. Occasionally, therapy is applied to lesions in an attempt to obliterate them. Colonoscopy is a safe, routine procedure with a low incidence of complications. Serious complications such as bleeding, perforation, or anesthetic reactions are uncommon but can require hospitalization or surgery to correct. As with any medical test, colonoscopy is not perfect; there is a small risk of missing an abnormality (diagnostic error). Colonoscopy is, however, the most accurate and effective test to examine the colon. It is more comprehensive than sigmoidoscopy and more accurate than x-rays (e.g. barium enema).
If you have any questions about the test, please contact your doctor.

FOR: _____ _____ _____ _____
PATIENT NAME | DOB | HOME PHONE | CHART #

1. Follow the written instructions given to you for the preparation. Begin this on the morning of the day before your exam.

2. Regarding your regular medications, be sure to discuss with your doctor whether or not to take these the morning of the examination.

3. **Medications to avoid: A)** All aspirin and aspirin containing medications for the week prior to the exam. (Tylenol/ acetaminophen is okay to use). **B)** Coumadin/warfarin, Plavix or Persantine for 5 days prior to the exam. **C)** Anti-inflammatory medications (used for arthritis, such as Advil, Motrin, ibuprofen, Aleve, naproxen, etc.) for 3 days prior to the exam. (Celebrex is okay to use.)

4. Report to: □ ENDOSCOPY CENTER OF MARIN (1100 So. Eliseo Dr., Suite 3, Greenbrae. Tel (415) 464-0606)
□ SURGERY CENTER OF MARIN (Marin General Hospital. Tel (415) 925-7955)

Arrive at _____ a.m. on _____ _____
TIME | DAY OF WEEK | DATE

5. The examination takes 20-60 minutes. Approximately 30 to 45 minutes after the examination is completed, you will be able to return home. This means that your total time at the Center will be approximately 1 1/2 hours from arrival time.
6. During the procedure, you will receive sedative medications. **It is neither safe nor legal for you to drive a car the rest of the day**. Please arrange for transportation home. Your driver may wait for the exam to be completed or may leave and return to pick you up when you are ready to depart. For your safety, a responsible adult should accompany you home whether you leave by car, taxi, or bus.
7. When the sedatives wear off you may drink clear liquids (water, apple juice, clear soups, etc.). Approximately 2 hours after the examination, you may have a light meal, but do not overeat. The sedative medications often slow down the digestive system, and a large meal can cause nausea or vomiting. A normal-sized meal can usually be eaten at dinner that evening. You should be able to return to your normal activities the next morning.
8. If you have an artificial heart valve or have ever had endocarditis (an infection on a heart valve), please discuss this with your doctor prior to the procedure.
9. Phlebitis (irritation of the vein) at your IV site can occur after the procedure. If this happens apply moist heat to the site. If pain does not resolve within 2 days, call our office for advice.
10. Contact our office if you experience any of the following within 48 hours of the procedure:
a) Severe abdominal or chest pain. **b)** Vomiting, fever, or chills. **c)** Passage of black stools or more than a small amount of red blood in the stool.

If biopsies are taken during your procedure the pathology results will be available within 7 days. If you do not receive your pathology results within 7 days please call our office.

Please note, Marin Gastroenterology reserves the right to charge a fee if you cancel or reschedule within 5 working days or fail to keep your procedure appointment. No fee will be charged if the cancellation is for a medical reason.

Please turn over for information about fees, insurance coverage and out of pocket expenses associated with your procedure.