

**ENDOSCOPY UNIT
DIVISION OF GASTROENTEROLOGY**

3800 Reservoir Rd NW
Washington, DC 20007
(phone) 202.444.8541
(fax) 877.303.1462

COLON / RECTAL ULTRASOUND INSTRUCTIONS

IF YOU ARE ON BLOOD THINNERS (COUMDADIN, PLAVIX, etc.), INSULIN OR OTHER DIABETIC MEDICATIONS PLEASE LET US KNOW AND CHECK WITH YOUR PRIMARY OR REFERRING PHYSICIAN FOR INSTRUCTIONS.

APPOINTMENT CONFIRMATION:

Gastroenterologist:

Dr. Stanley Benjamin
Dr. Firas Al-Kawas
Dr. James Lewis
Dr. John Carroll
Dr. Nadim Haddad
Dr. Kathy Bull-Henry
Dr. Aline Charabaty Pishvaian
Dr. Caren Palese

Date/ Time of Procedure:

Arrive at:

PLEASE NOTE:

- You *must have a responsible adult to accompany you home* after the procedure. This person must pick you up in the Endoscopy unit.
- You *may not operate a motor vehicle* for the remainder of the day following your procedure.
- You *may not take a taxi or bus home unless accompanied* by a responsible adult.
- If you do not have a responsible adult to accompany you home your procedure will be cancelled.
- *If your insurance company requires a referral, YOU MUST BRING IT WITH YOU.* Also, please bring your *current insurance card(s)*, co-pay (if applicable), and a *current picture I.D.* with you on the day of your procedure.

WEEK BEFORE YOUR PROCEDURE:

- ✓ NO medications with IRON
- ✓ Notify our office if you have a history of:
 - Valve Replacement
 - Prosthetic Joint Replacement

STARTING THREE DAYS BEFORE YOUR PROCEDURE:

- ✓ NO red liquids or candies
- ✓ NO alcoholic beverages
- ✓ Purchase at any pharmacy without a prescription:
 - One (1) bottle of Citrate Magnesium (not cherry flavor)
 - Two (2) Fleet Enemas

DAY BEFORE YOUR PROCEDURE:

1. Light evening meal finished by 6:00pm. After this only clear liquids.
2. Take Citrate Magnesium laxative between 7:00pm and 8:00pm.
3. Fast (no solids and no liquids) starting at midnight.

DAY OF YOUR PROCEDURE:

- ✓ Follow steps 2 and 3 **at home** before you come.
 - ✓ You may call the Endoscopy nursing staff at 202-444-3326 if you have questions.
1. **Continue to fast.** Do not chew gum.
 2. **Two hours before you arrive**, administer the first Fleet Enema, and retain for 5-10 minutes.
 3. **One hour before you arrive**, administer the second Fleet Enema, and retain for 5-10 minutes.
 4. **When you arrive**, report to the Outpatient Registration on the 1st floor of the Main Hospital one hour prior to your scheduled procedure. Then proceed to room 2207 on the 2nd floor of the Main Hospital.
 5. Once you enter the Endoscopy Suite, you will be asked to put on a hospital gown. A nurse will review your medical history with you (*bring a list of your current medications allergies and a copy of your recent EKG*). An intravenous line (IV) will be started for your sedation during the procedure.
 6. *When your procedure is done, you will remain in the recovery room for up to 1 hour.*
 7. Your doctor will discuss the results of your procedure with you and give you a written copy of the report.

FREQUENTLY ASKED QUESTIONS:

My procedure is in the afternoon. Can I eat or drink in the morning?

A: No. To ensure your safety during the procedure, it is important that the stomach is empty. Any food or liquid in the stomach at the time of the procedure places you at risk of aspirating those contents into the lung leading to a serious complication called aspiration pneumonia.

I don't have a ride. Is that okay?

A: No, if you do not have a responsible adult to accompany you home, your **PROCEDURE WILL BE CANCELLED!** This is a patient safety and legal liability issue and is not open for negotiation.

How many days prior to my procedure should I discontinue my Coumadin, Plavix or other blood thinning medications)?

A: If you are on any “blood thinning medications” please let your endoscopist know. *Generally speaking, you should quit taking your blood thinning medication 5-7 days prior to some procedures, however, you must check with your endoscopist and your prescribing physician to ensure that it is needed and safe for you to do so.*

What medications can I take the day before and the day of my procedure?

A: *The day prior to your procedure take your medications the way you normally would.* However, for those patients taking any type of bowel cleansing preparation, be advised that you may undergo a prolonged period of diarrhea that may flush oral medications out of your system before they have time to take effect. *The morning of your procedure you should take any blood pressure or heart medications you may be on with a small sip of water.* You can hold most other medications and take them once your procedure has been completed. If you have questions about a specific medication(s), please call a member of our clinical staff.

I am diabetic. Do I take my insulin?

A: You must direct that question to the physician who placed you on this medication. Please check your blood sugar the morning of your procedure as you normally would. If you have any questions about your diabetes management in conjunction with your fast for your endoscopic procedure, please consult with your primary physician.

I am on pain medication. Can I take it prior to my procedure?

A: Many prescription pain medications can adversely affect the medications we use for sedation and for that reason *we recommend that the day of your procedure you delay taking your pain medication until after your procedure has been completed.* If you have any questions, please call a member of our clinical staff.

I am having my menstrual period. Should I reschedule my colonoscopy appointment?

A: No. *Your menstrual period will not interfere* with your physician’s ability to complete your procedure.

I have been on Aspirin therapy for my heart. Should I continue to take it?

A: Aspirin may effect blood coagulation. Please check with your endoscopist and prescribing physician.