



**Rocky Mountain
Internal Medicine, PC.**

1360 S. Potomac St. Aurora, CO 80012	Phone: 303-337-5575 Fax: 303-745-6264
4100 W. 38 th Avenue Denver, CO 80212	Phone: 303-433-2565 Fax: 303-433-2567
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Colonoscopy Preparation

What is it?

A colonoscopy is a visual examination of the colon and rectum for abnormalities such as polyps or cancer. During the procedure, a fiber optic camera called a colonoscope, is inserted into your rectum. The doctor will then be able to examine your colon on a screen, and will also be able to remove polyps if any are found. Each polyp removed is a potential colon cancer prevented

How long will it take?

The full exam takes about 30 minutes.

How is it performed?

First you will be hooked up to a monitor to watch your blood pressure and pulse during the procedure. You will also be asked to undress your lower garments and lay down on your side on an exam table. Next, the doctor and a technician will insert the colonoscope into your rectum. A mild sedative may be administered if you feel extreme discomfort. The doctor will examine your colon for any polyps that may exist. In the case a polyp is found, the doctor will most likely remove it during the procedure.

What should I do to prepare?

- When you make your appointment for your exam, the receptionist should provide you a prescription for the HalfLytely Bisacodyl Preparation Kit. If you did not receive this order, make sure to call the office and obtain one.
- You must also fast for at least 12 hours prior to your exam. You may only eat Jello (no red Jello). You may also drink clear liquids, strained juices, soft drinks, clear broth, tea, and coffee (no milk or cream added).
- Do not eat corn, beans, or greens for three days prior to your exam.
- If you have Congestive Heart Failure, Chronic Renal Failure, or you are on Renal Dialysis, call your doctor BEFORE using the preparation solution (HalfLytely).
- If you are taking iron or aspirin tablets, please stop those 7 days prior to your exam. If you are on other blood thinning drugs, please let your doctor know.

On the day prior to your exam:

- Take two 5mg bisacodyl delayed tablets with water. Do NOT chew or crush them.
- Add a flavor pack of your choice (if applicable) to the 2 liter container, and no additional ingredients.
- Prepare the HalfLytely solution by filling the container to the 2 liter mark with water. Cap the container, and shake to dissolve all of the powder.
- Wait for a bowel movement (or a maximum of 6 hours) and then drink the 2 liter HalfLytely solution at a rate of 8 ounces every 10 minutes. Make sure to finish all of the solution.
- Do not take anything by mouth after midnight. If you take medication for high blood pressure, or other heart or lung medication, take them at 6pm with a sip of water.

On the day of your exam:

- Bring all your medications you are taking, with you on the day of your exam.



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- Please bring someone with you to hold your valuables, escort you from the clinic, and drive you home.

When will my results be ready?

Normally, test results are ready 2-3 days after your exam. If anything abnormal is found, we will call you and let you know.

Anything else I should know?

If you have any concerns about taking medications, or if you are diabetic and unsure how to manage meals in preparation for your exam, please call your doctor and ask them any questions you may have.

If for any reason you feel you will be unable to come to your appointment, please call the office at 303-337-5575 and reschedule.