

ABOUT YOUR PROCEDURE

This guide will answer most of your questions regarding your postoperative care and how to get ready for your procedure.

WHAT TO DO BEFORE THE PROCEDURE

One very critical step is to thoroughly clean out the colon, which, for many patients, can be the most trying part of the entire exam. It is essential that you complete this step carefully, because how well the bowel is emptied will help determine how well your doctor can examine it during colonoscopy. There is a higher risk of missing polyps or small tumors if your colon has stool in it.

- Follow the directions for your bowel prep very carefully. Sometimes it may take some time before it starts working. If you have problems with vomiting or if you are unable to follow the directions for any reason, please call the physician on call at 843-853-7730
- Do not chew gum or use chewing tobacco after 12 mid-night prior to your procedure.
- Do not smoke after 8:00 p.m. the evening prior to your procedure.
- If you routinely take medications in the morning (especially *blood pressure* medication), take these with a **sip of water** early the morning of surgery. **If you are a diabetic**, do not take diabetes medication (pills or insulin) on the morning of surgery. Please notify a member of your health care team that your blood sugar must be checked.
- **STOP 7 days before surgery:** Aspirin, NSAIDS (Motrin/Ibuprofen), Vitamin E, herbal medicines, diet pills.
- **STOP 5 days before surgery:** Blood-thinning medications such as Coumadin, Plavix and Ticlid. You must contact the doctor who monitors these medications and get approval before you stop taking any doses. **If you stopped taking your Coumadin, you will need to ask your surgeon when you should start taking it again.**
- Do not bring valuables to the hospital/surgery center with you, such as jewelry, watches, rings, etc...(including body piercing jewelry).If you wear glasses bring a case to place them in.
- Please bring a list of your home medications including any over the counter medications. If you are taking any herbal medication please tell us. Also, bring all your medications with you.
- If you have an advanced directive (living will or health care power of attorney) please bring a copy with you.
- Wear comfortable clothing the day of your surgery.
- Remove makeup, nail polish, and/or body piercing before coming to the hospital.
- You must have a responsible person drive you home and stay with you for 24 hours. **You must understand the following:**
 - **A bus driver or cab driver is not a responsible caregiver.**
 - **You cannot stay in a hotel alone after outpatient surgery.**
 - **Your surgery will be canceled if you do not have someone to take care of you on the way home and to stay with you for 24 hours after surgery.**

Tips for the prep:

- To reduce any anal discomfort, use adult wet wipes or a water spray to clean off instead of toilet paper.
- Keep plenty of clear liquids on hand to drink. Water gets boring and you need to stay hydrated. We recommend you drink large amounts of Gatorade if possible.
- Follow your doctor's instructions. You wouldn't want to have to do the prep all over again because you didn't get it right the first time.
- Be prepared to spend most of the day before your test on the toilet. Bring a book.
- Call the doctor's office for help if you have any trouble or don't understand the prep instructions.
- Arrange for the time and privacy you need to complete the prep with as little stress as possible. Clear your schedule, and be at home on time to start your prep. Stay as close to the bathroom as possible.
- To make a bad-tasting liquid prep easier to swallow, add some Crystal Light or Kool-Aid powder (not red, blue, or purple); drink it chilled; drink it through a straw far back on your tongue; or hold a lemon slice under your nose while you drink the prep.