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## Colonoscopy

### Introduction

A Colonoscopy is a test to look at the inside of your colon. A video scope will be inserted into the anus. The scope will then be advanced through the colon (large intestine) to the cecum (last part of the colon or large intestine). Small amounts of air are inflated through the scope into your bowel lumen to allow your doctor see the inner wall of bowel more clearly. Patients undergoing this procedure usually receive a combination of intravenous sedation. In most cases, patients are able to respond to simple commands but do not remember the actual procedure. Most patients experience mild to no discomfort. In general, this procedure takes approximately 30 to 45 minutes, it may take longer if any additional intervention is required.

### Bowel Preparation

#### One day prior to the Colonoscopy

You should only have semi liquids for breakfast and lunch. Semi liquids include porridge and noodle. You should only take clear liquids at the time you start taking the laxatives which is around 18:00hrs. The liquids should not be red or purple in color as they may be mistaken for blood in the colon and can obscure mucosal details, so they should be avoided. Clear liquids include water, coffee or tea without milk, Gatorade, clear broths, ices and clear fruit juices; you cannot have any solid food during this time period.

In addition, you will need to take an oral laxative the day before the procedure. Please remember you should NOT take anything (food and water) by mouth at least four hours prior to the procedure. It is very important to clean up the bowel thoroughly before the colonoscopy, as this procedure examines the inside of the colon. If feces are present in large amount and the preparation is inadequate, abnormalities of the colon may be missed or misinterpreted. Please refer to the laxatives instructions given to you by our pharmacist.

- If you are taking Aspirin, Plavix (Clopidogrel), Coumadin (Warfarin), Dabigatran, Rivaroxaban, Heparin, or other blood-thinning medications, you should discuss with your doctor if you could stop these medications for 7 days prior to your procedure. The risk of bleeding is increased when you are taking these medications.

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- If you are taking insulin or other diabetes medications, please discuss with your doctor before the procedure. You may need to make some adjustment in your medication because of the reduced calories you will be eating.
- If you take pills for heart problems, breathing problems, hypertension or seizures, take these medications on the morning of the procedure day per your usual routine with only a small sip of water, or if you are in doubt about whether or not to take your pills, simply bring them with you.
- If you are taking iron supplement, you should discuss with your doctor if you could stop these medications for 5 days prior to the colonoscopy, since it makes the residual feces black, viscous and difficult to clear.
- Please let us know if you have any of the following medical conditions and have not already discussed with us: history of liver, kidney, heart or lung disease; anticoagulation therapy; excessive bleeding during previous surgery or dental extraction etc.

### **Risk of the procedure**

Colonoscopy is a safe and highly effective procedure, however, even in skilled hands; it might have the following risks:

- Bleeding
- Allergic reaction to medications
- Perforation

You might need observation, endoscopic therapy and operation in this scenario. Overall, colonoscopy is a well tolerated procedure that has many benefits and few complications when done for appropriate reasons by an experienced gastroenterologist.

### **After the procedure (recovery)**

- After the procedure, patients are returned to a recovery area where they are monitored during their stay. When the patient is stable, the physician will discuss the results with the patient and/or family. He or she will be discharged.
- You cannot drive a car, operate any dangerous machinery, or sign any legal documentation for the remainder of the day. You must have your family member or friend escort you home

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after the procedure if the sedation has been administered. Otherwise, your procedure will be postponed. Most people feel tired after being sedated, and some might be forgetful for the next several hours. So rest is recommended. You may resume regular activity the next day.

- You may resume your regular diet 2 hours post the procedure. Do not drink alcohol for 24 hours. It is normal to have bloating and some gas pains. Try taking a walk to help relieve the bloated feeling. It should not last long.
- Your usual bowel habits should return in 3-5 days.
- Call the hospital if the following events occur:
  - i. Worsening abdominal pain
  - ii. Severe abdominal bloating
  - iii. Rectal bleeding that is more than one tablespoon of blood

Working Hours: Call +86 (21) 22163941 Internal Medicine OPD

Call +86 (21) 22163954 Family Medicine OPD

Call +86 (21) 22163889 Surgical OPD

After Hours: Call +86 (21) 22163999 Emergency Department

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## Instructions for Colonoscopy Preparation Polyethylene Glycol (Picolax) Electrolytes Powder

### One day before your Colonoscopy

At 12:00 p.m., take 2 tablets of Bisacodyl (10mg) with a cup of water.

At 7:00 p.m., open the 1<sup>st</sup> pack of Picolax and dissolve contents into water and make 250ml solution. You should drink 1750ml water or colorless beverage in the next 2 hours. If you feel nauseous during this process, please wait 30 minutes before trying to drink again.

At 9:00 p.m., drink ½ bottle of Simethicone (15ml) to reduce the bubble inside the colon.

### On The day of your Colonoscopy

You can follow the timetable for the latest allowed time to start and end drinking the 2nd pack of Picolax, make 250ml solution likewise and drink another 750ml water or colorless beverage.

Time of the Colonoscopy	Time of the 2 <sup>nd</sup> pack of Picolax (the latest start and end time)
9:00 a.m.	Starts at 4:00 a.m.; Ends by 5:00 a.m.
10:00 a.m.	Starts at 5:00 a.m.; Ends by 6:00 a.m.
11:00 a.m.	Starts at 6:00 a.m.; Ends by 7:00 a.m.
1:00 p.m.	Starts at 8:00 a.m.; Ends by 9:00 a.m.
2:00 p.m.	Starts at 9:00 a.m.; Ends by 10:00 a.m.
3:00 p.m.	Starts at 10:00a.m.; Ends by 11:00 a.m.
4:00 p.m.	Starts at 11:00 a.m.; Ends by 12:00 p.m.

Take your blood pressure medication in the morning as usual with a small sip of water (if applicable). Insulin or other diabetes medications should be adjusted according to your doctor's order on the day of your colonoscopy (if applicable).

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**Important Notice:**

Do not exceed the recommended dose unless directed by your doctor. If you do not have bowel movements within 6 hours of taking the medications, contact your doctor. You will lose a significant amount of fluid during the bowel movements. Please make sure that you drink enough water to avoid dehydration. Early symptoms of dehydration include feeling thirsty, dizzy, vomiting or urinating less often than normal. Drink as much water as you can. This will not only replace the fluid you lose during the bowel movements, the cleanliness of your intestines is also essential for colonoscopy.

SHU-PHM-EDU-0002-E-HD-005