

Colonoscopy

What to expect during your Colonoscopy

A Colonoscopy exam allows your gastroenterologist to visualize the inside of your large intestine (colon) and rectum. It helps in detecting gastrointestinal diseases, including colon cancer, inflammatory bowel disease, and other abnormalities.

Before the procedure: Check in to the hospital at Registration. In pre procedure, you will change into a gown, a nurse will start your IV, place you on monitoring devices to track vital signs and go over your medical history and medications. The gastroenterologist and anesthesia will discuss the procedure, sedation, and answer any questions prior to the procedure.

During the procedure: You will lie on your left side and receive sedation from anesthesia. While you are sedated, the gastroenterologist will insert a hose-like instrument called a colonoscope to examine your colon. The procedure allows the doctor to remove polyps before they become cancerous and take other small samples (biopsies) for lab analysis by a pathologist. There are no nerve endings in the lining of the colon so polyp removal and biopsies should be relatively painless.

After the procedure: You will be taken to the recovery area where a nurse will monitor you as you wake up from sedation. The doctor will speak with you and your driver about the results. Any polyps or biopsies that are removed will be sent to the lab for analysis. These results may take 7-10 days. The doctor will notify you with your results. You may feel some bloating or gas upon discharge. This is normal and will pass. Once you leave the hospital, you may resume your regular diet unless otherwise instructed.

Your procedure is scheduled at
Christus St Vincent Digestive Health Center
455 St Michael's Drive
Santa Fe, NM 87505

- Arrive 60 minutes prior to your scheduled procedure time.
- Have your driver available to take you home. They do NOT need to stay during your procedure.
- If you arrive more than 15 minutes late, your procedure may be rescheduled or delayed.
- Nursing staff will call you to review preparing instructions, medications, and confirm procedure details the week prior to your procedure appointment.
- If you have questions about preparing for your procedure, please call 505-913-5368.

Billing Notice:

You will receive multiple billings for services rendered associated with your procedure. The service categories are as follows:

- Physician Fee: Northern New Mexico Gastroenterology Associates
- Facility Fee: Christus St Vincent
- Pathology Fee: Santa Fe Pathology
- Anesthesia Fee: Christus St Vincent

If you have questions about your benefits and coverage, please contact your insurance carrier.

Sign Up for NNMGA Patient Portal

You can request appointments, check your results, send your physician a message and update your medical record. For access call 505-983-5631.

For more information about our providers and instructions go to www.nnmgastro.com

Colonoscopy

Colonoscopy Preparation Instructions

Due to sedation, you **MUST** have a driver to take you home after the procedure. Public transportation (taxi, bus, Uber/Lyft) is not acceptable unless accompanied by a responsible adult.

10 DAYS PRIOR TO PROCEDURE

Review the appointment documents received from Northern New Mexico Gastroenterology Associates office. Arrange for a driver to take you home after the procedure. Please fill the prescription and read all instructions ahead of time so you will be prepared for the procedure. Do **NOT** use the pharmacy's instructions.

If you are on blood thinners, diabetic, or weight loss medications, you may need to be off these drugs for up to 10 days prior to your procedure. Before altering or stopping any blood thinners, please consult with your prescribing physician for instructions in advance of the procedure.

Please see the **Supplemental Medication Information Sheet** attached.

Medication restrictions prior to procedure:

In general, you should take all essential prescription medications on the day of your procedure.

Diabetic Medications: Do **NOT** take oral hypoglycemic medications on the day of your procedure.

Insulin: Take 1/2 the dose of your long acting insulin the night before and check your sugar levels. Do **NOT** take insulin the morning of your procedure.

Glucagon-Like Peptide-1 (GLP-1) Medications: These diabetic/weight loss medications need to be stopped **7 days** prior to your procedure if medication is taken weekly and held a **full 24 hours** prior to the procedure if medication is taken daily. **GLP-1 medications:** Exenatide (Byetta), Liraglutide (Victoza), Dulaglutide (Trulicity), Semaglutide (Ozempic/Rybelsus/Wegovy), Trizepatide (Mounjaro)

Sodium-Glucose Transport Protein 2 (SGLT2) Medications: These diabetic medications need to be held **3 days** prior to the procedure. Medications include: Dapagliflozin (Farxiga), Canagliflozin (Invokana), Empagliflozin (Jardiance), Ertugliflozin (Steglatro)

Iron/Fiber Supplements

Hold iron supplements, fiber and multivitamins **5 days** prior to the procedure.

3 DAYS PRIOR TO PROCEDURE

Diet Modification: Begin a low residue, low fiber diet. Avoid foods with nuts or seeds. See **Supplemental Diet Information Sheet** attached.

Pick up your prescribed prep at your pharmacy.

Consider buying personal hygiene wipes and/or hemorrhoid cream to prevent a sore bottom.

1 DAY PRIOR TO PROCEDURE

Do **NOT** eat any solid food the day prior to your procedure. Begin a clear liquid diet the day before your procedure in the morning. **See the Supplemental Diet Information Sheet.**

Example: If you are scheduled on a Monday, begin the clear liquid diet on Saturday at midnight or Sunday morning when you wake up. Continue the clear liquid diet throughout the day Sunday. Do **NOT** eat any solid food on Sunday.



SUPREP® Colonoscopy Preparation Instructions

SUPREP® is also an approved bowel regimen for colonoscopy. The benefits of SUPREP® are that it is generally better tolerated than Nulytely/Golytely and decreases the amount of fluid consumed by 1 liter. Unfortunately, many insurances do not cover SUPREP® and you may have to pay for it out-of-pocket or have a co-pay to obtain it. In addition, those with renal impairment should not use SUPREP® as their preparation for colonoscopy. These patients should use Nulytely/Golytely as their preparation for colonoscopy. In order to write a prescription for SUPREP®, a recent (within 3 months) measurement of your renal function must be faxed to our office (866-434-6657). Alternatively, your primary care physician can order SUPREP® for you.

THE DAY PRIOR TO YOUR PROCEDURE

Starting at **12:00 PM (noon)**, the day before your procedure pour one 6-ounce bottle of SUPREP® liquid into the mixing container and add water to the 16-ounce line on the container, mix and place in refrigerator.

At **6:00 PM**, drink all the liquid in the container within 30 minutes. Then drink 2 more 16 ounce glasses of water over the next hour.

Stay hydrated by drinking plenty of other clear liquids throughout the day. This will also help the prep clean your colon. Bloating, abdominal discomfort, and nausea are common symptoms. Please do not let these symptoms prevent you from finishing the prep. The symptoms can be minimized by drinking the solution more slowly. Consider using a straw to get the bowel prep down easier. If vomiting occurs, take a break and resume drinking the prep when symptoms subside.

THE DAY OF YOUR PROCEDURE

After Midnight: Do **NOT** eat any solid food. You may drink clear liquids up to **3 hours** before your procedure time. Clear liquids include black coffee (no added milk), tea (no added milk), clear broth, soft drinks, sports drinks, iced tea, and water.

5 hours before your procedure time: Pour one 6-ounce bottle of SUPREP® liquid into the mixing container. Add cool water to the 16-ounce line on the container and mix. Drink all the liquid in the container within 30 minutes. Then drink 2 more 16 ounce glasses of water over the next hour.

If you do not finish the entire prep solution and/or the stool is not clear/yellow, your procedure may be canceled and rescheduled.

3 hours before procedure: Do **NOT** drink anything within **3 hours** of your procedure. No gum, hard candy, throat lozenges as well. Failure to follow these food and drink restrictions may cause your procedure to be rescheduled or delayed.

Please bring your insurance card, ID and copayment if applicable. Dress comfortably and leave all jewelry and other valuables at home.

Arrive **1 hour** prior to your procedure time at Christus St. Vincent Hospital. Enter through the main lower level entrance that faces Saint Michael's Drive. Please check in with registration first. They will escort you to the Digestive Health Center (DHC) waiting area. The DHC staff will be with you shortly to prepare you for your procedure.

Supplemental Medication Information

All medications not outlined below can be taken 3 hours prior to your procedure time. There is no restriction on acetaminophen (Tylenol, Paracetamol), daily aspirin, and other NSAIDS (ibuprofen, naproxen, etc.).

Blood Thinners: If you are on any blood thinners below, please contact your prescribing physician at least 10-14 days prior to your procedure to ensure that it is safe to stop them.

Blood Thinner Medication	Restrictions Prior to Procedure
Aspirin and NSAIDS (Ibuprofen, Naproxen, Celecoxib, Indomethacin, Diclofenac, Meloxicam, etc.)	No Restrictions
Lovenox and Heparin (low molecular)	Last dose 24 hours prior to procedure
Warfarin (Coumadin)	Stop 5 days prior to procedure or INR <1.6
Clopidogrel (Plavix), Effient (Pragrusel), Ticagrelor (Brilinta), Ticlopidine (Ticlid)	Stop 5 days prior to procedure
Rivaroxaban (Xarelto), Apixaban (Eliquis), Edoxaban (Savaysa), Dabigatran (Pradaxa)	Stop 3 days prior to procedure
Fondaparinux (Arixtra)	Stop 36-48 hours prior to procedure
Cloistazol (Pletal)	Stop 2 days prior to procedure

Diabetic and Weight Loss Medications: Do **NOT** take your oral diabetic medications on the morning of your procedure. **Insulin:** Take **1/2** the dose of your long acting insulin the night before and check your sugar levels. Do **NOT** take insulin the morning of your procedure.

Diabetic/Weight Loss Medication	Restrictions Prior to Procedure
Sodium-Glucose Transport Protein 2 (SGLT2): Dapagliflozin (Farxiga), Canagliflozin (Invokana), Empagliflozin (Jardiance), Ertugliflozin (Steglatro)	Stop 3 days prior to procedure
Glucagon-Like Peptide-1 (GLP-1): Exenatide (Byetta), Liraglutide (Victoza), Dulaglutide (Trulicity), Semaglutide (Ozempic/Rybelsus/Wegovy), Trizepatide (Mounjaro)	Stop 7 days prior to procedure if taken weekly Stop a full 24 hours prior to procedure if taken daily
Phentermine (Adipex-P/ Lomaira)	Stop 14 days prior to procedure

Cardiovascular Medication: Do **NOT** take **Ace Inhibitors** (Benazepril, Lisinopril, Enalapril) and **Angiotensin Receptor Blockers** (Cozaar, Losartan, Benicar, Valsartan, Irbesartan, Diovan) medication the day of the procedure.

Gastrointestinal Medications: Stop the following for at least **5-7 days** prior to procedure
Antidiarrheals: Loperamide (Imodium), Lomotil (Diphenoxylate/atropine), Bismuth Subsalicylate (Kaopectate, Pepto-Bismol)

Fiber supplements (Metamucil, Citrucel, Benefiber, and Perdiem), **Iron supplements**, **multivitamins that contain iron**, **Alka seltzer** and **Herbal Supplements** need to be stopped 5-7 days prior to the procedure.

Supplemental Diet Information

3 Days Prior to your Procedure: Start a low residue/low fiber diet

Low Residue/Low Fiber Diet

Avoid the following:

- Whole grain flour
- Green/Red chili if there are seeds present.
- Corn
- Bran
- Granola
- Oatmeal
- Seeds (flax, sunflower, quinoa, sesame)
- Cereal with seeds
- Raw vegetables
- Vegetables with seeds
- Raw or dried fruit
- Fruit with skin
- All berries
- Popcorn
- Brown and wild rice
- Chunky peanut butter (smooth is ok)

All other foods are ok to eat.

1 Day Prior to your Procedure: Start a clear liquid diet. Breakfast should **NOT** be consumed the day prior to the procedure.

Clear Liquid Diet List

You may drink the following clear liquids. Please note: Nothing RED, BLUE or PURPLE.

- Water (plain, carbonated or flavored)
- Clear apple juice, no pulp, white grape juice
- Lemonade, Crystal light, Sports drinks/Gatorade/Powerade (not red, blue or purple).
- Carbonated drinks, including dark sodas (cola and root beer)
- Tea or coffee WITHOUT milk, cream, soy, almond or oat milk.
- Clear Broth: beef, chicken or vegetable. Miso is ok.
- Ice pops without any milk, bits of fruit, seeds or nuts (not red, blue or purple)
- Gelatin (Jell-O) (not red, blue or purple)

Do **NOT** drink the following:

- Anything red, blue or purple. These liquids can look like blood in the colon.
- Milk, soy, almond or oat milk
- Artificial creamers
- Fruit or vegetable smoothies
- Alcohol