



COLONOSCOPY PROCEDURE INSTRUCTIONS & FAQs

You are scheduled for a Colonoscopy in our office. This is a procedure that examines the large intestine (colon) and rectum. The scope is a long flexible tube with a camera on the end that will be inserted into the rectum. We understand the idea of having a colonoscopy may feel overwhelming. At Trinity, we do our best to make the process as easy as possible. Attached is information about your upcoming procedure to help you understand what to expect. Please take the time to read through the information now, as some of the preparation starts a week prior to your colonoscopy.

A clean colon is critical in allowing your doctor to perform an effective exam and remove polyps as needed. Therefore, following the attached bowel prep instructions carefully is so important.

You will need to arrange for a responsible adult to take you home. You cannot drive or walk home and will not be released to a taxi or public transportation system. Do not plan to go back to work until the following day or make any major decisions as the effects of sedation linger.

If you have any questions after reading the instructions, please call our office at 865-539-0270.

CANCELLING OR RESCHEDULING:

Please make every effort to keep your appointment. You may cancel or reschedule if absolutely necessary, however, we ask that you **give ONE WEEK notice**. This allows us to offer the appointment to another patient. Due to the nature of the preparation of the procedure, it can be challenging to fill appointments on short notice.

Unless there is a clear emergency or illness, there will be a **\$100 cancellation fee** for appointments cancelled with a notice of less than five business days. No shows are also subject to the \$100 fee. Failure to follow prep instructions will not be a valid plea.

INSURANCE COVERAGE:

If you have a change in your insurance coverage after scheduling your procedure, please contact us immediately. It may take 3-4 business days to verify coverage under your new plan.

Frequently Asked Questions

- 1. I have constipation. Should I add anything to the preparation?** You may use a mild laxative, such as Milk of Magnesia, on the day BEFORE your procedure. It is best to take the laxative at 12:00pm. Please follow the instructions on the bottle.
- 2. I am taking the prep and having loose, watery stools. Do I still have to take the rest of the prep?** Yes, you may have solid stool higher in the colon that needs to be eliminated.
- 3. I see a yellow color in the toilet bowl and a few flecks. What do I do?** If you drank the entire solution or if your last bowel movements were clear enough that you were able to see the bottom of the toilet, you should be fine. It is okay if you have some flecks of material. The yellow color is a result of bile that normally colors the feces. This should not interfere with the examination.
- 4. My bottom is sore. What can I do?** To clean the area, avoid rubbing! Gently pat with a wet washcloth or toilet grade wet wipes. Apply Vaseline, tucks pads or Desitin liberally.
- 5. Can I drink alcoholic beverages?** We strongly suggest you DO NOT drink any alcoholic beverages prior to your procedure since they can cause dehydration and some wines may thin your blood.
- 6. Can I use Gatorade Zero or Powerade Zero to avoid the sugar?** Yes, but be sure they are NOT red, blue, or purple in color.
- 7. Can I chew gum or suck candy?** Yes, but nothing with soft centers or red color.
- 8. Can I have a colonoscopy if I am on my menstrual period?** Yes, the procedure can still be performed. We ask that you use a tampon if possible, but it is not necessary.
- 9. How long will the procedure take?** The colonoscopy itself takes about 35 minutes or longer if polyps are found and removed. In all you will be at the office for approximately 2-2.5 hours.
- 10. When can I eat afterwards?** You can eat as soon as you leave. It is best to start off with liquids (not coffee) and progress to bland, light foods. Your gastric system has had a rough two days. Be kind to it. Soup, sandwiches, breads, and starches are fine. Heavy foods such as red meat, fried food or rich sauces can cause abdominal cramping, nausea and even vomiting.
- 11. How will I learn the results of my test?** The doctor will discuss the preliminary results of your test with you on the day of the exam. If a biopsy was performed, we will notify you with the results as soon as they have been reviewed by the physician. This generally takes about a week and the nurse will call you with the results.
- 12. Can I have my procedure without sedation?** We do not recommend this due to the discomfort felt. We will not perform a procedure on a patient that struggles with Hypertension

without sedation. If you desire a procedure without sedation, please call our office ahead of time to discuss further.