

Hayden Lake Family Physicians
8181 N. Cornerstone Drive
Hayden Lake, ID 83835
208-772-0785

Dr. Mark Borsheim

Dr. Arlie Esau

Dr. Laurisa Webster

COLONOSCOPY

This is a procedure that allows us to check your large bowel. It is very common to have some abdominal cramps and bloating after the procedure. This usually goes away within a couple of hours (even quicker if you can pass the gas.) Because we are looking at the large bowel, it is very important that the large bowel be clean and free of stool. The directions below will help ensure this.

DAY BEFORE THE PROCEDURE:

1. Follow a clear liquid diet all day. **DO NOT** eat any solid foods. **DO NOT** drink any milk, or pulp based liquids. You may have broth, juice, sports drinks, black coffee or tea. No liquids containing red or purple dye.
2. **PREP OPTION # 1**
Prepopik – Take as directed per our office nurse. **YOU MAY WANT TO PRICE CHECK THIS PREP, HOWEVER THIS PREP IS EASIER FOR PATIENTS.**
3. **PREP OPTION # 2**
Golytely – Take as directed per our office nurse. Start this prep between 1:00 pm and 4:00 pm.
4. Stay well hydrated.

DAY OF THE PROCEDURE:

1. Clear liquids only.
2. Make sure you have someone to drive you to the procedure and to drive you home afterwards.
3. Do not plan any activities or driving for the rest of the day. In other words, you should have a quiet relaxing day after the procedure.

You will be sedated during the procedure and therefore it is very important that you have someone to drive you here and take you home.

It is very important that you follow the above steps because if your bowel is not clean enough, the procedure may have to be rescheduled. If you have any questions please call us at 772-0785

