



Hayden Lake **FAMILY PHYSICIANS**

8181 Cornerstone Dr. • Hayden Lake, ID 83835 • Telephone (208) 772-0785

COLONOSCOPY & GASTROSCOPY

The colonoscopy is a procedure that allows us to check your large bowel. It is very common to have some abdominal cramps and bloating after this 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.

The gastroscopy is a procedure that allows us to look at your esophagus, stomach, and part of your duodenum. *You will be sedated during the test and therefore it is very important that you have someone drive you here and drive you home.*

INSTRUCTIONS FOR COLONOSCOPY/ GASTROSCOPY

DAY BEFORE THE PROCEDURE:

1. Clear liquids only (this includes chicken broth, jell-o without fruit, and anything you can hold up to the light and see through.) Start at lunch time the day before the procedure.
2. One container of Golytley. This is an oral laxative. Start a lunch or take as directed on container.

DAY OF THE PROCEDURE:

1. Nothing to eat or drink after midnight the day before the procedure. You may take medications with a small sip of water.
2. Make sure you have someone to drive you to the procedure and drive you home afterwards. You will be in our office approximately two and one half hours.
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.

Your appointment is for: _____

Please be here by: _____

We will call to confirm the appointment 24 hours prior to the scheduled procedure. *You must give a verbal confirmation that you will keep the appointment.* If the appointment is missed or is not rescheduled 24 hours prior a fee of \$100.00 will be assessed. If you have any questions or to confirm the appointment please call 772-0785.