

PRZYGOTOWANIE DO KOLONOSKOPI

Kolonoskopia jest zabiegiem majacym na celu bezposrednie badanie jelita grubego. Zabieg ten jest przeprowadzony w szpitalu i wymaga specjalnego przygotowania.

- Jezeli bierzecie panstwo leki wpływajace na krzepliwosc krwi, takie jak: Coumadin, Aspirin, Plavix, Lovenox, Pradaxa, Effient, Aggrenox, prosze poinformowac o tym lekarza. Leki te nie powinny byc brane przynajmniej na 5 dni przed zabiegiem.

DZIEŃ PRZED ZABIEGIEM

Prosze jesc tylko pokarmy plynne jak czysta zupa, bullion, herbata, soda, gatorade. Dzień przed zabiegiem o godzinie 4 po poludniu prosze wypic gallon Golytely (Nulytely, Trilyte, Colyte).

O godzinie 7 wieczorem prosze wziasc 4 tabletki DULCOLAX.

W DNIU ZABIEGU

Osoby biorace leki na obnizenie cisnienia powinny je zazyc popijajac mala iloscia wody.

Jezeli maja panstwo cukrzyce prosze nie brac insuliny ani tabletek przeciwcukrzycowych i nie jesc sniadania w dzien testu.

Przed przyjsciem do szpitala prosze zrobic sobie lewatywe FLEET ENEMA, zgodnie z instrukcja ktora jest zalaczona przez producenta.

Prosze nie jesc i nie pic rano w dzien zabiegu.

Po przyjsciu do szpitala prosze zglosic sie do ADMITTING OFFICE, tam bedziecie panstwo zarejestrowani i skierowani do Oddzialu Endoskopji.

Prosze sie upewnic ze przyjdzie z panstwem do szpitala osoba towarzyszaca ktora bedzie mogla odwiedzic panstwa do domu po zakonczeniu zabiegu.

Po zakonczeniu zabiegu ktory trwa okolo 45 min. beda panstwo przewiezieni do Sali Pooperacyjnej. Lekarz przyjdzie tam zeby omowic wyniki zabiegu.

Leki podawane podczas zabiegu moga pozostac w organizmie przez ponad 24 godziny. W tym czasie nie wolno prowadzic samochodu ani wykonywac zadnych czynnosci wymagajacych zwiekszonej koncentracji.

PRZYGOTOWANIE DO GASTROSKOPI

Gastroskopia jest bezpośrednim badaniem przelyku, zoladka i dwunastnicy. Test ten jest wykonywany w szpitalu I wymaga podawania lekow znieczulajacych i usypiajacych.

- Jezeli bierzecie Panstwo leki wplywajace na krzeplosc krwi, takie jak Coumadin, Aspirin, Lovenox, Plavix, Pradaxa, Effient prosze poinformowac o tym lekarza. Leki te nie powinny byc brane przez 5 dni przed zabiegiem.

W DNIU ZABIEGU

Osoby biorace leki na nadcisnienie powinny zazyc je I popic mala iloscia wody przed wyjsciem z domu.

Prosze nie brac insuliny ani lekow przeciwcukrowych przed zabiegiem

Prosze nie jesc przynajmniej na 8 (osiem) godzin przed zabiegiem.

Po przyjsciu do szpitala nalezy zglosic sie do ADMITTING OFFICE, tam bedziecie panstwo zarejestrowani i skierowani do Oddzialu Endoskopji.

Zabieg trwa okolo 30 minut. Po zakonczeniu zabiegu beda panstwo przewiezieni do Sali pooperacyjnej na okres okolo 2 (dwoch) godzin.

Prosze sie upewnic ze przyjdzie z panstwem osoba towarzyszaca ktora bedzie mogla odwiedzic panstwa do domu.

LEKI PODAWANE PODCZAS ZABIEGU MOGA POZOSTAC W ORGANIZMIE PRZEZ 24 (DWADZIESCIA CZTERY) GODZINY. W TYM CZASIE NIE WOLNO WYKONYWAC ZADNYCH CZYNNOSCI WYMAGAJACYCH ZWIEKSZONEJ KONCENTRACJI.

Preparation for Gastroscopy

Your doctor has recommended you have a gastroscopy exam because of possible upper digestive issues like acid reflux, gastritis or ulcers, and you may be a little weary. After all, the idea of swallowing a tube is not the most comforting of thoughts. While you have no reason to worry about the procedure having any negative effects on your health, there are some things you should know in order to best prepare for the procedure.

- If you have a history of ***heart attack, stroke, TIA or recent vascular stent placement***, consult with your physician prior to having the gastroscopy (also known as an endoscopy, or EGD--Esophago-Gastro-Duodenoscopy).

If you take Coumadin, Plavix, Effient, Pradaxa, Aspirin or any other medication that affect your coagulation, you should discontinue them five days before your procedure. You will be advised prior to leaving endoscopy suite when you can resume these medications. If you were previously advised not to stop these medications, speak to your physician; he probably arrange for you to take a alternative medication or decide to postpone examination.

If you are a diabetic and take medication to control your blood sugar, talk to your specialist about how to take your medication while preparing for your procedure.

Day of the Procedure

- Do not eat or drink anything after midnight on the night prior. On the day of your procedure, you should take your usual Blood Pressure medications with a few sips of water at least two hours prior to your appointment. Do NOT take any sugar lowering medications or any blood thinners, unless instructed otherwise by a physician.

You want to wear comfortable, non-tight clothing and no jewelry.

Right Before the Procedure

Make sure you have set aside at least three hours for the procedure (even though the exam itself only takes around 15 minutes).

Gastroscopy if performed under a general sedation provided by anesthesiologist, you will not experience any discomfort during a procedure

After the procedure, make sure you have someone that can drive you home, as you will be drowsy from the medication and will not be in condition to drive a car or perform any duties that might require increased concentration

PREPARATION FOR A COLONOSCOPY

A colonoscopy is an outpatient procedure in which the inside of the large intestine (colon and rectum) is examined. Procedure is performed under general sedation and is painless, however there are some things you should know in order to best prepare for the procedure.

- If you have a history of **heart attack, stroke, TIA or recent vascular stent placement**, consult with your physician prior to having the colonoscopy

If you take Coumadin, Plavix, Effient, Pradaxa, Aggrenox, Aspirin or any other medication that affect your coagulation, you should discontinue them five days before your procedure. You will be advised prior to leaving endoscopy suite when you can resume these medications. If you were previously advised not to stop these medications, speak to your physician; he probably will arrange for you to take an alternative medication or decide to postpone examination.

If you are a diabetic and take medication to control your blood sugar, talk to your specialist about how to take your medication while preparing for your procedure.

THREE DAYS PRIOR TO PROCEDURE

Avoid any high fiber diet; like fruits, vegetable nuts and seeds

ONE DAY PRIOR TO PROCEDURE

Begin a clear liquid diet in the morning. This includes breakfast, lunch and dinner. You may have as much clear liquids as you like.

Drink only liquids you are able to see through: Apple juice, White grape juice, Kool Aid Sports drinks, Gatorade, Water, Tea (no cream, milk or nondairy creamers), clear broth or bouillon.

At 4 pm begin drinking the prescription bowel preparation (Golytely, Nulytely, Trilyte, Colate). The goal is to drink an average sized water glass (8 ounces) every 15 minutes, approximately one quart per hour. You should finish your preparation in 2-3 hours. .At around 7 pm take 4 (Four) tablets of Dulcolax.

Do not make plans for the evening as you will need to be near a restroom.

ON THE DAY OF THE PROCEDURE

Do not eat or drink anything after midnight on the night prior to procedure. On the day of your procedure, you should take your usual Blood Pressure medications with a few sips of water at least two hours prior to your appointment. Do NOT take Insulin, sugar lowering medications or any blood thinners, unless instructed otherwise by a physician. If you pass a brown colored stool in the morning you will need to take a fleet enema before coming to the hospital. If stool is clear you do not need an enema.

Make sure you have set aside at least three hours for the procedure (even though the exam itself only takes around 30 minutes).