

# Instructions for Colonoscopy and possible Biopsy and Polypectomy

*ThinkPark Tower Gastroenterology Clinic*

*3rd floor ThinkPark Tower Medical Center room #1*

*2-1-1 Osaki Shinagawaku, Tokyo 141-6003 Japan*

*phone 03-5745-3088 Fax 03-5745-3089*

*HP: <http://www.thinkparkclinic.com>*

*[info@thinkparkclinic.com](mailto:info@thinkparkclinic.com)*

*cell 090-9954-6303 Email: [lisana773@gmail.com](mailto:lisana773@gmail.com)*

Patient Name: \_\_\_\_\_

Appointment date and time: \_\_\_\_/\_\_\_\_/\_\_\_\_ at \_\_\_\_:\_\_\_\_ [ ] am [ ] pm

Welcome to ThinkPark International Clinic. You have been scheduled for a procedure called a Colonoscopy. This procedure usually takes approximately 20 minutes. Be sure to bring the questionnaire and documents provided with you on the day of your procedure.

## < What is a Colonoscopy? >

A colonoscopy is a test that allows your doctor to look inside your large intestine, also called the colon and rectum using a colonoscope that is a thin, flexible tube that ranges from 48 in. (125 cm) to 72 in. (183 cm) long. A small camera is attached to the colonoscope so that your doctor can take pictures of the large intestine (colon and rectum). A colonoscopy helps find ulcers, colon polyps, tumors, and areas of inflammation or bleeding, and can also be used as a screening test to check for cancer or precancerous growths in the colon or rectum (polyps). During a colonoscopy, tissue samples can be collected (biopsy) and abnormal growths can be taken out (polypectomy).

It is done to find out the reason for:

- constipation, or diarrhea
- nausea or vomiting
- abdominal pain or cramp
- bleeding
- ulcers, enterocolitis, viral or bacterial infections or inflammations
- Irritable bowel syndrome (IBS), Diverticulosis, Ulcerates colitis (UC), Crohn's disease (CD), Ischemic Colitis
- screening of cancers or tumors

## < Risks >

A colonoscopy is a very safe procedure. However, there are some complications that may occur:

- Bloating, abdominal cramps, pain

- Reaction to the medications, such as a temporary inflammation of the vein at the IV site.
- Slowing of the heart rate, a decrease in breathing, or drop in blood pressure temporarily.

Serious medical problems occurring rarely include:

- Tear in the wall of the colon called a perforation. If this occurs, it is generally treated with hospitalization and antibiotics or surgery.
- Bleeding may also occur. Intravenous administration and diet restriction as well as other procedures may be needed to stop the bleeding during following days. In rare cases, a lot of bleeding can occur after a biopsy. If a polyp is removed, the risk of a tear or bleeding is increased.

Although colonoscopy is generally an accurate examination, it is possible some abnormalities may not be detected.

#### < One Week Before Colonoscopy >

- If you take Plavix, Coumadin (Warfarin), Aspirin or any other blood thinning medications, please discuss with the doctor who proscribed these medications if you could temporarily stop the medication a week before the procedure to prepare for a biopsy or polypectomy.

- Purchase colon cleansing preparation “MOVIPREP” and diet product “ENEMACLEAN” at our clinic.
- Start a LOW fiber diet, such as white rice, white bread, sandwiches, cooked cereal, soup, stew, cooked fish or tender chicken, egg, tofu etc. ([page5](#)), for at least 3 days prior to your procedure.
- If you do not regularly have a daily bowel movement or suffer from constipation, you need to start a LOW fiber diet earlier and consult a doctor to be given additional Laxative.

#### < One Day Before the Procedure >

Eat a LOW fiber diet ([page5](#)) or a clear liquid diet only, finish eating before 6:00 PM. It is recommended that you try to avoid eating in general but if you feel it is necessary then please feel free to eat low-fiber diet. Drink as much “transparent” liquid, such as water, soda, or sports drinks (GATORADE or POCARI SWEAT etc.) ([page5](#)) as possible throughout the day (no milk, densely colored liquids, concentrated liquids or juices).

### < Colonoscopy Preparation >

It is recommended to start bowel prep such as MOVIPREP at least three hours prior to a procedure.

### < Instruction for MOVIPREP >

- 1) Open the aluminum bag, and take off the cap on the plastic container. Pour water to the star mark★.
  - 2) After you put the cap back on tightly, push pouch A into pouch B to mix the agent and water.
  - 3) Shake the solution until the agent is dissolved.
  - 4) Open the cap and pour additional water to the top line showing two liters total and make sure the solution dissolves completely. If preferred, mix solution ahead of time and refrigerate prior to drinking. The solution should be used within 24 hours.
- Drink the MOVIPREP solution slowly, 8 oz. (180ml) every 10-15 minutes until the entire solution in the bottle is consumed. While you drink the prep solution, take enough water to prevent dehydration (a glass of water is recommended following every 2 glasses of reagent). This reagent will cause you to have loose stools and you will need to use the bathroom often. The bowel prep may be uncomfortable, but you should drink all of it or until excretion liquid becomes clear to ensure an adequate preparation.
  - If you have abnormal symptoms such as nausea, vomiting, strong abdominal pain, paleness, chills, facial swelling, choking, urticaria etc., stop drinking MOVIPREP, and contact your doctor or medical assistance.
  - Take the cardiac medications such as nitroglycerin anti-hypertensive regularly. Do not take diabetic medications while fasting. Ask about any individual medical questions you might have.

### < During the Colonoscopy >

- Take off any accessories you are wearing such as rings, neckless, glasses or dentures, if possible, and safely keep them by yourself.
- You will lie on your left side with your knees bent for the colonoscopy.
- An intravenous (IV) line will be put in your arm. You will be given medications through the IV that will help you relax and may make you drowsy.
- The doctor will insert the colonoscope into your rectum and colon.
- You may feel some stomach discomfort or cramping. This will go away after your procedure.
- You may feel drowsy for a short time after the procedure.
- Your blood pressure and heart rate will be checked.
- You will have to pass gas before you go home.

### < After the procedure >

- You may have some abdominal bloating after the procedure.
- You may have a small amount of blood from the rectum.
- If you receive procedural sedation that will make you sleepy and drowsy, you will not be able to drive afterwards. If you have someone available to drive you home or accompany you home in a taxi or on any public transportation after your procedure, it will be necessary.
- You may only eat easily digestible foods as a part of your diet or only liquid (No Alcohol) after the biopsy or polypectomy unless otherwise directed by the doctor.
- You may return to work the next day and resume your normal activities.

### < After the polypectomy >

About 30 percent of people who are screened for colorectal cancer are found to have polyps. In five to ten years, some of these polyps may become cancer. If colorectal cancer is found at an early stage, a person may have a 95% chance of living longer than five years. If colorectal cancer is found at a late stage, a person may have only a 10% chance of living for five years. If cancer is present, the earlier it is found, the better the outcome. Because most polyps have no symptoms, it's very important to have a colorectal cancer screening to find and remove polyps before they have a chance to develop into cancer. On occasion, the doctor can remove early cancerous (malignant) growths in the same manner.

When a doctor finds polyps or tumors and removes them during the colonoscopy, it causes no pain. However, the discomforts including pressure, bloating, and/or cramping, which will go away with the passing of gas.

### At home:

- Expect a complete recovery in one week. Avoid any alcohol, spices, spicy foods, and fiber-rich foods (You might have to return if you need additional clinical treatment or intravenous feeding for a week following surgery).
- Also exercise and sports (Exercise such as heavy lifting, jogging, golfing and long drives) must be avoided.
- Start drinking and eating slowly by taking one bite or sip at a time pausing between to see your stomach's reaction. Eat a softened or easily digestible diet such as soups or sports drinks for at least 2-3 days following the surgery.
- Your doctor will discuss the results of the pathology in a week.

If you have urgent symptoms such as the following, stop eating and contact medical professionals immediately:

- Severe increasing pain
- Excessive bleeding or continuing black, tarry stools
- Hard, swollen abdomen or severe nausea or vomiting

< Low-Fiber Diet > < Foods Recommended >

Breads, Cereal, Rice and Pasta:

- White bread, rolls, biscuits, croissants, toast and pancakes
- White rice, noodles, pasta, macaroni and peeled cooked potatoes
- Plain crackers and Saltines
- Cooked cereals

Milk/Dairy:

- Milk, plain or flavored
- Yogurt, custard and ice cream
- Cheese and cottage cheese

Fats, Snacks, Sweets, Condiments and Beverages:

- Margarine, butter, oils, mayonnaise, sour cream and salad dressing
- Plain gravies
- Sugar, clear jelly, honey and syrup
- Spices, cooked herbs, bullion, broth or light clear soups without solid particles
- Coffee, tea and carbonated drinks
- Plain cakes and cookies
- Gelatin, plain puddings, custard, ice cream, sherbet and popsicles
- Candy or pretzels
- Ketchup and mustard

Meat and other proteins:

- Ground, well-cooked tender beef, lamb, ham, veal, pork, fish or poultry
- Eggs
- Tofu

< Foods to Avoid > < Fiber-rich diet >

Breads, Cereal, Rice and Pasta:

- Breads or rolls with nuts, seeds or fruit
- Whole wheat, rye breads and corn bread
- Potatoes with skin, brown or wild rice

Vegetables:

- Raw or steamed Vegetables with seeds
- winter squash, peas, broccoli, Brussels sprouts, cabbage, onions, cauliflower, baked beans, peas and corn

Fruits:

- Prunes and prune juice
- Raw or dried fruit
- All berries, figs, dates and raisins

Fats, Snacks, Sweets, Condiments and Beverages:

- Nuts, seeds and coconut
- Jam, marmalade and preserves
- Pickles, olives, relish and horseradish
- All desserts containing nuts, seeds, dried fruit, coconut or made from whole grains or bran
- Candy made with nuts or seeds
- Popcorn

Meat and other proteins:

- Tough, fibrous meats with gristle
- Dry beans, peas and lentils
- Peanut butter with nuts

Patient Questionnaire and Consent Form

Name \_\_\_\_\_  Male  Female

Date of Birth \_\_\_\_\_ years old

Address \_\_\_\_\_

Phone number \_\_\_\_\_

• Current Medications, Prescription / Over the Counter

Medication Name	Dose	Last Time Taken
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

• Are you taking blood thinning medications such as *Plavix, Coumadin (Warfarin), Aspirin* or any others?

Medication Name	Dose	Last Time Taken
_____	_____	_____

• Personal Medical History. If checked, please explain

- High Blood Pressure ( )       Diabetes ( )
- Heart Disease ( )       Lung Disease ( )
- Liver Disease ( )       Kidney Disease ( )
- Allergies ( )       Others ( )
- Anesthetic/side effect or allergy ( )
- Surgical Histories ( )
- Pregnant ( )      Prostatic Hypertrophy ( )

I understand the professional will do the best and appropriate managements under this procedure if any unexpected conditions occur. I was informed the benefits and risks of the performance and agree to have this procedure. I will follow the instruction direct by Doctors and Medical assistances.

Signature \_\_\_\_\_ date \_\_\_\_\_