

5 BEFORE THE PROCEDURE

- Stop drinking clear liquids 2 hours before your procedure.
- Wear something comfortable to your appointment.
- Check in to the hospital or outpatient surgical center.
- Change into a gown, and have an IV placed by a nurse.
- Meet with your physician and your anesthesiologist to go over the procedure and ask any final questions.

6 DURING THE PROCEDURE

- Undergo anesthesia and be put in a twilight sleep to minimize discomfort.
- Your physician will use a thin, flexible tube with a light and camera attached, called a colonoscope, to look inside your colon for abnormalities.
- Your physician will remove polyps and abnormal tissue, which will be sent to a pathology lab for testing.

4 1 DAY BEFORE

- Follow bowel prep instructions to clear out your colon before your procedure, and stick to a clear liquid diet. If your colon is not completely emptied prior to the procedure, there is a chance that the doctor will miss an abnormality.

3 2 DAYS BEFORE

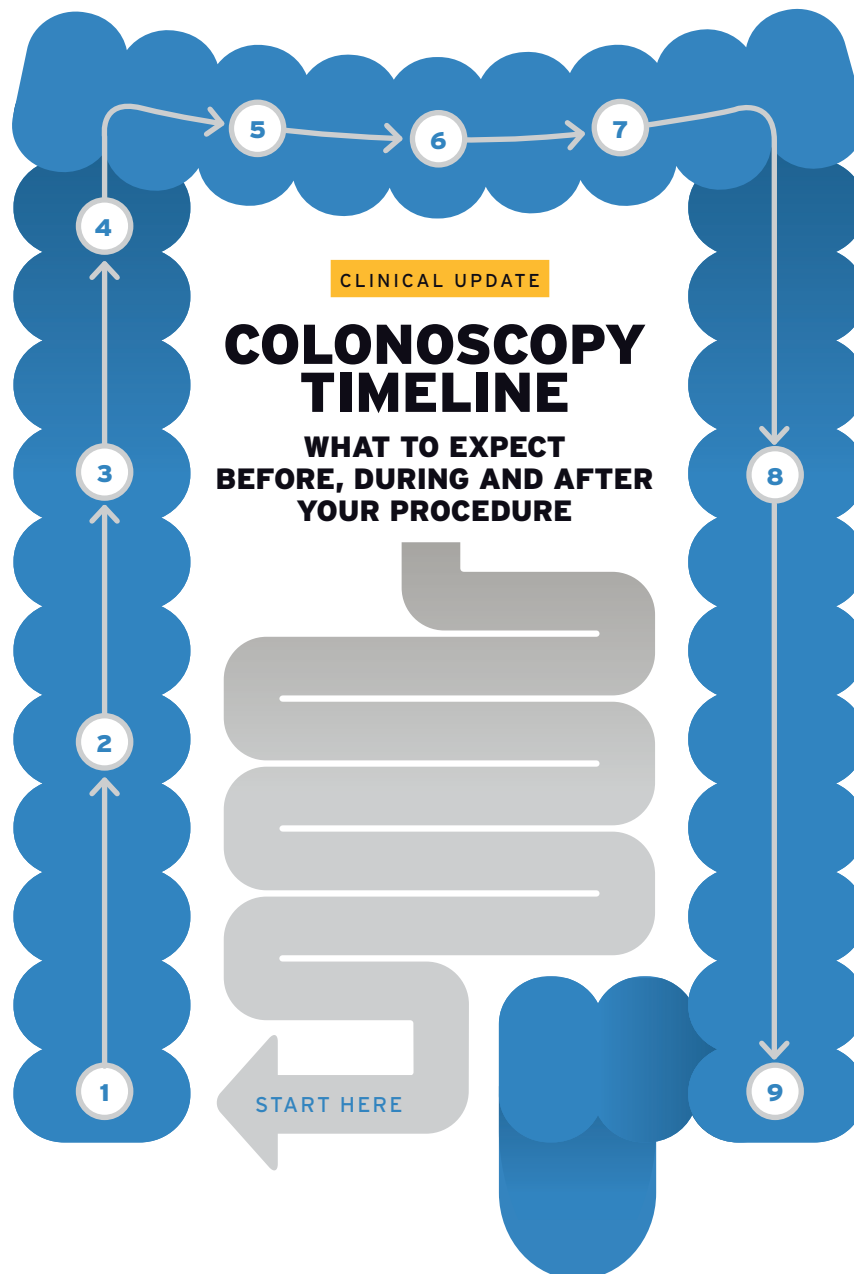
- Pick up your bowel prep medication from a pharmacy, per your physician's orders. Confirm your ride home.

2 3 DAYS BEFORE

- Start a low-residue diet and limit high-fiber foods.

1 SCHEDULE YOUR PROCEDURE

- After your primary care physician places an order in the system, you can schedule your colonoscopy by calling **310-825-7540**. Make sure someone is available to drive you home, and remember to take the day off work.



7 AFTER THE PROCEDURE

- You will be observed in a recovery room until the anesthesia wears off.
- When you are discharged, you must have an adult accompany you home, even if you take a cab. Staff must be able to contact this person prior to your procedure.
- You can resume your normal diet, unless otherwise directed.

8 ONE DAY AFTER

- Return to work.

9 1-2 WEEKS AFTER

- You will receive biopsy results within a few weeks of your procedure. Your physician will also let you know the recommended time frame for your next colonoscopy.