

## Digestive Health Patient Week 12 Clinical:

### Education plan colonoscopy pre-op-

Goals: To have the bowel prepped for the procedure, patient fully educated on what to expect

Objectives: Diet, medications, questions and concerns, safety.

Content: Adhere to a low fiber, clear liquid diet up to 3 days before procedure. Take bowel prep day before procedure as directed. Maintain adequate hydration. Stop taking any aspirin or blood thinners 5 days before procedure. Any questions or concerns answered before procedure, as well as informed consent signed. For safety, make sure to plan for a designated driver to take you home after the procedure.

Strategies: Information printed from the intranet, pamphlets, refer patient to links of websites that have video of procedure to help patient with any anxiety before procedure.

Evaluation: Patient will feel confident and informed about procedure, medication guidelines will have been followed, bowel prep taken, blood test does not indicate any underlying issues that cause need to postpone procedure. Designated ride is scheduled, and driver is at procedure with patient, or nearby waiting for call.

### Nurse's Role-

During procedure: Be support in room for patient. Position patient in left lateral position. Monitor patient's vitals, as well as level of consciousness. Give supplemental oxygen if required. Note if patient is any serious discomfort or pain. Administer and document all medications given. Watch for anything unexpected such as vomiting, vasovagal reactions, or respiratory depression from sedation medication.

Immediately post procedure: Monitor patient's status and vitals. Document all post-op care given and any unusual reactions that occurred with patient. Educate patient on post-op diet, medications, and activity restrictions, and provide copies of this in writing if possible. Make sure patient has a designated ride to take them home. Note any signs or symptoms they would need to report to the health care provider. Answer any questions or concerns the patient may have before going home. Follow-up appointment should also be made at this time.

### Education plan colonoscopy post-op-

Goals: To educate patient on what to expect during recovery, and what to expect at home and for follow-up.

Objectives: Safety regarding return home, medications, activity, signs and symptoms to report, follow-up appointment.

Content: Designated driver home, what the prescribed medications post-operatively are for and how to take, resuming normal diet, activity restrictions and weight lifting restrictions, what symptoms to report to healthcare provider right away, such as abnormal bleeding, time frame until follow up appointment.

Strategies: Intranet information, pamphlets, medication inserts, illustrations of activity and lifting, links to reputable online sources for more information, contact information for healthcare provider. (As well as reminder to contact Emergency services if true medical emergency.)

Evaluation: Patient made it home safely, all medication taken as directed, patient followed guidelines of activity and lifting restrictions, no reported adverse symptoms or reactions, patient attended follow-up appointment.