

BE PREPARED FOR A SUCCESSFUL COLONOSCOPY WHEN YOU HAVE CF

WHAT THE GUIDELINES
MEAN FOR YOU

People with cystic fibrosis tend to have thick, sticky mucus lining their colon (large intestine). This mucus requires extra steps to adequately clean out the colon in preparation for a colonoscopy.

The goal of the colonoscopy is to identify and remove polyps, which are growths that can become cancerous. A clean colon is necessary to see these polyps and is essential to an effective colonoscopy.

Review the following with your endoscopist and CF care team and adjust your plan accordingly so that you are prepared for a successful exam.



WHAT IF I HAVE CFRD?

- Check with the doctor who manages your CF-related diabetes (CFRD) for specific diet and medication instructions.
 - Ask about the kinds of liquids and foods you should have to manage your blood sugar levels.
 - You may need to adjust your insulin dose as part of your preparation.
- Ask if there are any medications you should discontinue or change at specific times before your colonoscopy, including:
 - A few days leading up to your colonoscopy
 - The day of your colonoscopy

SCHEDULING YOUR COLONOSCOPY

- Try to schedule your colonoscopy for a Monday afternoon.
 - This will give you the weekend and Monday morning to prepare.
- Arrange for a friend or relative to drive you home after your colonoscopy.
 - You may be given medication that impairs your ability to drive or use public transportation.
- Call CF Foundation *Compass* at **844-COMPASS (844-266-7277)** Monday through Friday, 9 a.m. until 7 p.m ET, or email compass@cff.org, to understand what your insurance will cover.
 - Although most plans will cover colonoscopy screenings, you may still be charged for some services or be asked to provide additional information.

1-2 WEEKS BEFORE THE COLONOSCOPY

- Fill your prescription for the bowel cleansing solution (such as GoLYTELY® or MiraLAX®) and laxative tablets (such as Dulcolax®) at your pharmacy.
 - While you're there, pick up petroleum jelly, diaper rash cream, or hemorrhoid relief pads to help with anal irritation.
- Review your list of medications, vitamins, and supplements with your endoscopist and CF care team in case you need to stop taking them prior to your colonoscopy.
 - These include multivitamins, iron and fiber supplements, and blood thinners like warfarin (Coumadin®) or clopidogrel (Plavix®).

A FEW DAYS BEFORE THE COLONOSCOPY

- You may be asked to begin what is called a restricted, low-residue diet, followed by a clear liquid diet.
 - Ask your endoscopist for a list of what you can and cannot eat.
- Two days prior to your colonoscopy, you may be asked to drink a full bottle of magnesium citrate in the early evening.
- The day before your colonoscopy, you may be asked to take two tablets of a laxative like bisacodyl in the morning.
- The day before your colonoscopy, you will be asked to begin drinking the bowel cleansing solution in the afternoon. This should be taken in three separate sets of 64 ounces, or as directed by your endoscopist.
 - This process is different from the non-CF population, who typically drink the solution at two separate times.

- Drink plenty of clear liquids to stay hydrated up until four hours before the test.
 - Sports drinks like Gatorade, Powerade, or All Sport can also help (avoid red and purple).
- When using the bathroom, minimize irritation by using a wet washcloth or pre-moistened wipe, and use the creams or ointments mentioned earlier.
 - You may experience increased anal irritation due to the more intense bowel prep.

THE DAY OF THE COLONOSCOPY

- Drink the final 64 ounces of bowel cleansing solution approximately four to six hours before the colonoscopy.
- Take your usual morning medications unless directed otherwise by your endoscopist.
- Do your treatments, such as your nebulizer and airway clearance.

Although getting a colonoscopy when you have CF may require some additional steps, properly preparing before the exam will allow your endoscopist to effectively identify and treat polyps, thereby decreasing your overall colorectal cancer risk.

TO LEARN MORE

View the CF Foundation's website on colorectal cancer at cff.org/ColorectalCancer

View the CF Foundation's clinical care guidelines at cff.org/Care-Guidelines/Colorectal-Cancer

For questions, call **800-FIGHT-CF** (800-344-4823) or email info@cff.org

