

HEALTH UNIT: SECTION 9
Talking to Health Professionals

BEGINNER
COMPREHENSION WORKSHEET

Instructor Page

Directions: Give students the 2-page handout “Instructions for Colonoscopy Exam” (Case Study E). Read it carefully with students. Draw a large calendar on the board or overhead. Model a “think aloud” as you re-read the instructions, interpret them, and make notes on the calendar in the appropriate places. Depending upon skill level, encourage students to make notes on their own mock calendar. It might look something like this:

MON	TUE	WED	THU	FRI	SAT	SUN
1	2 Dr. Lee 3:00 p.m	3	4	5 STOP! → -aspirin -ibuprofen (Advil, Motrin) -Vitamin E -iron	6	7
8 STOP! → -beans -corn -peas	9	10 Buy FLEET at drugstore Buy JELLO (no red or purple) Gatorade, broth and iced tea	11 NO FOOD, NO MILK Clear liquid/Jello only FLEET – 4:00 p.m. FLEET – 8:30 p.m.	12 NOTHING AT ALL TO DRINK OR EAT Hospital – by 7:00 AM Colonoscopy - 8:00 AM	13	14

Clarifying questions:

- On Friday the 5th, can Sou Ling eat corn on the cob? **YES** **NO**
 On Sunday the 7th, Sou Ling gets a headache. Can he take two Advil? **YES** **NO**
 On Tuesday the 9th, can Sou Ling eat a bean and cheese burrito? **YES** **NO**
 On Thursday the 11th, can Sou Ling drink grape juice? **YES** **NO**
 On Thursday the 11th, can Sou Ling eat orange jello? **YES** **NO**
 On Friday the 12th, can Sou Ling have a cup of black coffee at 6:30 a.m.? **YES** **NO**
 On Saturday the 13th, can Sou Ling take his multi-vitamin with iron? **YES** **NO**

Student Worksheet

MON	TUE	WED	THU	FRI	SAT	SUN
1	2 Dr. Lee 3:00 p.m	3	4	5	6	7
8	9	10	11	12 Hospital – by 7:00 AM Colonoscopy - 8:00 AM	13	14

Circle the correct answer for each question:

- On Friday the 5th, can Sou Ling eat corn on the cob? YES NO
- On Sunday the 7th, Sou Ling gets a headache. Can he take two Advil? YES NO
- On Tuesday the 9th, can Sou Ling eat a bean and cheese burrito? YES NO
- On Thursday the 11th, can Sou Ling drink grape juice? YES NO
- On Thursday the 11th, can Sou Ling eat orange-flavored jello? YES NO
- On Friday the 12th, can Sou Ling have a cup of black coffee at 6:30 a.m.? YES NO
- On Saturday the 13th, can Sou Ling take his multi-vitamin with iron? YES NO

Instructions for Colonoscopy Exam (Case Study E)

Please read ALL instructions at least seven (7) days before your colonoscopy examination.

DO NOT

- Do not eat corn, beans or peas for a few days prior to the exam.
- Do not take aspirin for seven (7) days prior to the exam. Please take TYLENOL instead. NO blood thinners. NO Ibuprofen. NO Vitamin E. DO NOT take supplemental iron one week prior to the exam.

DO

- Do notify the nurse if you need antibiotics for procedures secondary to heart valve replacement, joint replacement within the last two (2) years, or if you are taking Coumadin or Insulin.
- Do have someone with you who can drive you home after the exam. You will be released from the hospital approximately two (2) hours after your procedure is completed.
- Do check with RN (nurse) about taking daily medication.

TWO DAYS BEFORE YOUR EXAMINATION

You will need to obtain two (2) 1½ fl. oz. bottles of FLEET PHOSPHO-SODA (ginger-lemon flavor or unflavored). This preparation is available over-the-counter; you do not need a prescription. Fleet Phospho-Soda is also available in a 3 fl. oz. size. Divide one bottle in half.

If you purchase the larger size, do not exceed the recommended dosage given in the instructions, as serious side effects may occur.

ONE DAY BEFORE YOUR EXAMINATION

Drink ONLY clear liquids for breakfast, lunch and dinner. Solid foods, milk or milk products are NOT allowed.

CLEAR LIQUIDS INCLUDE:

Strained fruit juices without pulp (apple, white grape, lemonade)
Water
Clear broth or bouillon
Coffee or tea (without milk or non-dairy creamer)
Clear flavored waters

All of the following that are NOT colored RED or PURPLE:

Gatorade/Hi-C
Carbonated and non-carbonated soft drinks
Kool-Aid (or other fruit flavored drinks)
Plain Jello (without added fruits or toppings)
Ice Popsicles



At 4:00 PM

- Add 1 ½ fl. oz. Fleet Phospho-Soda to 4 oz. of cool water or clear liquid.
- DRINK the mixture.
- Follow with 3 full glasses (8 fl. oz.) of approved clear liquids.
- Stay at home near the bathroom.

Between 4:00 PM and 10:00 PM

- Drink at least 6 more 8 fl. oz. portions of clear liquid..

IT IS VERY IMPORTANT THAT YOU DRINK AS MUCH AS POSSIBLE!!

At 8:00-9:00 PM

- Add 1 ½ fl. oz. Fleet Phospho-Soda to 4 fl. oz. of cool water or clear liquid. DRINK the mixture.
- Follow with 3 full glasses (8 fl. oz.) of approved clear liquids.
- Stay at home near the bathroom.
- You may continue clear liquids throughout the preparation day until 12 midnight. Nothing after.

DO NOT EAT OR DRINK ANYTHING ON THE DAY OF YOUR EXAM.

