

Read this entire packet at least 5 days prior to your Procedure
Keep these sheets for your records

You will be contacted with the location of your procedure. This will be either Emerson Hospital, Nashoba Valley Medical Center or Middlesex Endoscopy Center.

If you are scheduled at Emerson Hospital, please call to pre-register at 978-287-3062.

Doors at the Middlesex Endoscopy Center open at 7:15 am

If your insurance plan requires a referral from your primary care physician, please obtain one immediately and have it sent to our office. Failure to comply may result in cancellation of your procedure. We request a 48 hour notice of cancellations.

You are not allowed to drive a vehicle until the following day or take a cab unattended by an adult after your procedure.

Call our office at 978-429-2010 for specific instructions if you:

- Presently take any blood thinners such as Coumadin (Warfarin) or Plavix.
- Require antibiotics prior to medical procedures due to cardiac stent placement in the past 12 months or Cardiac Valve Replacement
- Are diabetic

Failure to contact our office may result in delay or cancellation of your procedure.

Five days prior to Procedure

- Stop all Aspirin and/or NSAIDS (non-steroidal anti-inflammatories) such as Advil, Motrin, Nuprin and Aleve
 - Tylenol may be taken for discomfort.
- Stop all multivitamins, iron, vitamin E and calcium

CHECKING IN FOR YOUR PROCEDURE

When you arrive to the Endoscopy Center, check in with the receptionist who will verify your personal information and any insurance updates, along with signing the facility's consent forms. You will also be asked to provide us with the name and telephone number of a responsible adult to drive you home. **You are not allowed to drive yourself. You are not allowed to take a cab home unless accompanied by a responsible adult**

If you do not have an adult to drive you home or accompany you in a cab, your procedure will be cancelled

PRE PROCEDURE PREPARATION

A nurse will take you into the endoscopy admission area to review your medical history and current medications. You will be asked to change into a gown for the procedure. Your vital signs will be taken and recorded. An intravenous (IV) catheter will be placed. This will allow us to administer IV medications as needed during your procedure.

Your doctor will speak with you about the procedure, explain the risks and benefits, and ask you to sign an additional consent form giving us permission to administer conscious sedation medication during your procedure.

PRE PROCEDURE PREPARATION (continued...)

Complications from colonoscopies are rare. There are small risks such as bleeding, a small tear or hole in the intestine, or inflammation of the vein used for intravenous (IV) medication. Your doctor will explain these and other risks in full and answer any questions you may have.

THE PROCEDURE

Once in the procedure room, oxygen will be administered through a nasal cannula. The nurse will begin to medicate you through the IV, this will begin to make you feel drowsy and more relaxed. The sedative used is called *conscious sedation* and will most likely cause you to go into a light sleep, but easily arousable. Your procedure will then begin.

During a **colonoscopy**, a scope is introduced by the doctor into the rectum and moved throughout the large colon. You may have the sensation as if you have to move your bowels. This is normal, as air is injected into the colon through the scope which may cause mild cramps or gas pains. However, the sedatives should help you to remain comfortable during the exam. Most patients report very little discomfort during a colonoscopy, but if you do feel very uncomfortable or anxious, more medication can be given provided your vital signs remain stable. We will make every effort to ensure your comfort during the procedure.

Your doctor will examine your colon and look for anything of concern such as polyps. These may be removed and/or biopsied. You will not feel any pain when the biopsy is taken because there are no nerve fibers in this area of the body. Please keep in mind that most polyps that are found during a colonoscopy are benign with no cancer in them.

Once your colon has been completely examined, the doctor will remove the scope and your test will be complete. On average, a colonoscopy takes about 30 minutes. However, as with any medical procedure; there may be times when it could take longer due to unforeseen circumstances.

If you are here to have an **upper endoscopy**, a scope is introduced by the doctor through your mouth into the esophagus, stomach and the beginning of the small intestine. Again, you may feel some pressure as air is injected through the scope. An upper endoscopy on average takes approximately 5 minutes.

RECOVERY

After your procedure is completed, you will be brought back to the recovery area where you will remain for *approximately* 30 minutes longer. Your vital signs will be continued to be monitored. If you had a colonoscopy, you may still have some air to pass from your colon which was introduced during the procedure. You will be asked to stay on your side, or to turn from side to side to help accomplish this.

Your designated driver will also be called at this time and is expected to return in 30 minutes from that point on. As stated above, there may be unforeseen circumstances that could delay your discharge (**even after this person has been called**) and therefore, it is highly recommended to find someone to drive you home who can be flexible with time.

Once recovered, you will be offered something to eat and drink, your IV will be removed and you will be able to get dressed. At this time, your designated driver may join you if you wish in the conference room.

You will receive your discharge instructions in writing, as well as, speak with your doctor about your exam before you leave.

Remember, you are not allowed to drive a vehicle until the day following your procedure.