

The Endoscopy/Colonoscopy Experience

Step-By-Step Guide

1. Preparing for your endoscopy/colonoscopy

TAKE THE DAY OFF: We recommend that you take the entire day off work/regular activities the day of your procedure. Medications given during the procedure can significantly impair your judgement, so you should not be expected to make important decisions the rest of the day. Do not drive until the following morning of your procedure.

2. Before your procedure:

You will be informed of the procedure risks, and you will sign a consent form. You will go through your health history and your current medication list with a nurse. You will be given a hospital gown to wear during the procedure and an IV will be placed in your arm for medication and fluids.

3. During your procedure:

You will be placed on your left side and be given medications through your IV to help you relax, get comfortable and become drowsy.

If you are having an endoscopy, the doctor will insert the scope into your mouth to look at your stomach lining and small bowel. To allow the doctor to better visualize the lining of your stomach, air will be put into your stomach. You may feel mild gagging during the procedure; however, most patients do not remember the procedure due to the medications. The procedure lasts approximately 10 to 15 minutes. You will be taken to the recovery area following your procedure.

If you are having a colonoscopy, the doctor will insert the scope into your rectum to look at the lining of your colon. Air will be put into your colon to allow the doctor to better visualize the lining of your colon. Most patients, however, do not remember the procedure due to the medications. The procedure lasts approximately 20 to 30 minutes. You will be taken to the recovery area following your procedure.

4. After your procedure:

You will remain in the recovery area until you are ready to be discharged (usually takes about 30 minutes). You may feel bloated, pass gas or experience mild abdominal cramping. To feel more comfortable, we recommend expelling the air by belching. When you are alert and stable, you will be discharged.

The doctor or nurse will inform you about your plan of care. Remember you **MUST** have an escort to accompany you home. You may return to work the morning **AFTER** your endoscopy/colonoscopy.

5. After you go home:

Contact Cedar Valley Digestive Health Center or your local emergency room if you experience any of the following:

- *Fever and/or chills*
- *Severe abdominal pain that does not improve after belching or passing gas*
- *Significant bleeding that makes a large portion of the toilet bowl red*

Your lab and pathology results are available for you to view on our Cedar Valley Medical Specialists patient portal. You will only receive a call if there are additional recommendations or a change to your plan of care.

Medication Information

This applies to patients on anti-platelet, diabetic or iron medications.

Review this medication list for medications you are currently taking. Several days before your exam, you may need to stop one or more of your medications on the list below.



Please contact the doctor WHO PRESCRIBED your medication before stopping your medications. The doctor who is performing your procedure cannot advise on certain medications, such as diabetes medications or blood-thinning medications.

You may take your usual morning medications (that are not included on the list) on the morning of your procedure. It is very important to take your chronic pain, high blood pressure, heart and seizure medications that you take daily.

<i>Medication</i>	<i>Instructions</i>
Miralax and other laxatives	Continue taking as you normally do.
Diabetic medications (including insulin)	Contact your doctor that manages your diabetes for further instruction.
Lovenox (enoxaparin)	Contact your provider managing your Lovenox or your anti-coagulation 14 days before your procedure.
Coumadin (warfarin)	Contact your provider managing your Coumadin or your anti-coagulation 14 days before your procedure. Based on your provider's recommendations, it may be necessary to hold this medication.
Pradaxa (dabigatran etexilate), Xarelto, Eliquis	Contact your provider managing your Pradaxa, Xarelto, Eliquis or your anti-coagulation 14 days before your procedure.
Iron (ferrous sulfate)	Stop taking your iron medication 5 days before your procedure. The day after your procedure, you may resume taking iron supplements.
Aspirin	There is no need to stop taking aspirin before your procedure.
Plavix (clopidogrel), Effient, Brilinta, Cilostazol	Contact the provider managing your Plavix, Effient, Brilinta, or Cilostazol 14 days before your procedure to determine whether you can or cannot take your anticoagulation prior to your procedure. If you have a heart stent, it is crucial that you contact your provider.







Clear Liquid Diet

During colonoscopy preparation, a clear liquid diet is necessary to provide you with the needed fluids. Clear liquids leave little or no residue in the digestive tract and are easy to digest. Coffee is a clear liquid, but coffee with milk or cream is not. It is very important to avoid clear liquids with purple, green or red dyes. You will be starting your clear liquid diet the day prior to your exam.

<i>OK to Drink</i>	<i>Do NOT Drink</i>
<p>Water</p> <p>Clear broths; chicken, beef or vegetable</p> <p>Flavored water without purple, green or red dyes</p> <p>Juice without pulp (Such as apple juice, lemonade and white grape juice) and without dyes</p> <p>Sodas</p> <p>Kool-Aid, Crystal Light, Gatorade</p> <p>Tea (with sugar is OK)</p> <p>Coffee (with sugar is okay; do not add cream or milk)</p> <p>Yellow or clear gelatin without fruit and no purple, red or green dyes (Example: Jello)</p> <p>Popsicles free of fruit, cream and colored dyes</p> <p>Italian ices free of dyes</p> <p>Coconut water</p>	<p>Milk</p> <p>Cream</p> <p>Ice cream</p> <p>Milkshakes</p> <p>Orange juice</p> <p>Smoothies</p> <p>Tomato juice</p> <p>Soups (other than clear broth)</p> <p>Grapefruit juice</p> <p>Purple, green or red Jello</p>
	

Upper Endoscopy Instructions

Please read and follow the instructions very carefully.

<i>Medications</i>	<i>3 Days Before</i>	<i>2 Days Before</i>	<i>1 Day Before</i>	<i>On the day of your procedure</i>
<p><i>10 days before your procedure:</i></p> <p>If you are on diabetic or blood-thinning medication, refer to the Medication Information handout.</p> <p><i>5 days before your procedure:</i></p> <p>Stop all iron (ferrous sulfate) supplements. Multivitamins are OK.</p>  <p>If you are on diabetic medication, please contact the provider managing your diabetic medications for further instruction.</p>	<p>You MUST have a responsible adult accompany you to and from your appointment. Make sure you have a ride on procedure day.</p> 	<p><i>Snacks and Meals:</i></p> <p>You may eat your normal diet.</p>  <p><i>Hydrate:</i></p> <p>Drink AT LEAST four to six glasses of water or Gatorade throughout the day.</p> 	<p><i>Before 11 p.m.:</i></p> <p>You may eat your normal diet.</p>  <p><i>After 11 p.m.:</i></p> <p>Begin your clear liquid diets (see Clear Liquid Diet handout)</p> <p>You may drink clear liquids until 4 hours before your procedure check in.</p> 	<p><i>Early morning:</i></p> <p>Take your usual prescribed medications especially chronic pain, blood pressure, heart and seizure medications.</p> <p>DO NOT consume anything four hours before check-in time.</p>

Important Information About Your Upper Endoscopy/Colonoscopy Procedure



Your Escort

- You **MUST** have a responsible adult escort accompany you when you arrive and leave our unit. Your escort must be reachable via phone or in person just in case our nurse needs to speak with him/her during your procedure.
- If you arrive to our unit without an escort, your procedure will be cancelled (for legal and regulatory reasons)

Why Do I need an escort?

- Medications you are given during your procedure may make you disoriented for the rest of the day. You **CANNOT** drive until the day after your endoscopy/colonoscopy. Your escort may drive you home, or you may take public transportation **WITH** your escort following your procedure.
- You **CANNOT** drive until the morning after your procedure, and you **CANNOT** take public transportation/walk home alone following your procedure.



Sedation

What is conscious sedation?

- Endoscopy/colonoscopy is typically done with moderate sedation (also known as “conscious” sedation). Our goal is to keep you comfortable, not unconscious, during your procedure.
- During the procedure, most patients are very drowsy or asleep. Some patients remain awake, but they are relaxed. Most patients do not remember part or all of their procedure because the sedatives can impair memory.
- If you have required monitored anesthesia in the past, take large quantities of narcotic or opiate pain medications, or if you drink large quantities of alcohol on a regular basis, please contact us as soon as possible to determine if your procedure should be scheduled with MAC.



Checklist: Your Safety While Home Alone

You **MUST** have an adult (18 years or older) drive you home and stay with you after your procedure. We recommend having an adult stay with you overnight on the day of your procedure.

Complete this checklist at home to determine if it is safe for you to be left alone.

You are safe if **ALL** items are true:

- My pain is under control.
- I do not feel nauseated (sick to my stomach) and I am not vomiting (throwing up).
- I am staying hydrated by drinking liquids like water, tea, juice, soda, sports drinks or broth without vomiting or feeling nauseated.
- I have all my medications and I know when and how to take them.
- I have all the equipment and medical supplies I need.
- I am not dizzy when I'm lying down, sitting or standing up.
- I can get to and from the bathroom safely.
- I can urinate (pee).
- Beyond what I was told to expect, I do not see any signs of bleeding or swelling.
- I can safely get to the telephone and use it.
- I know who and what number to call if I need help or if I have any questions.

*Digestive Health Center's number to call is **319-234-5990**.*