



**SUTTER HEALTH PALO ALTO MEDICAL FOUNDATION
SURGERY CENTER INSTRUCTIONS
COLONOSCOPY / ENDOSCOPY**

PREPARING FOR YOUR PROCEDURE



Pre-op Call

- Expect a phone call the week of your procedure with more detailed instructions, including your arrival time. You may also receive information on My Health Online.



Transportation

- Plan for a responsible adult over the age of 18 to accompany you home.
- A taxi, Lyft, or Uber is allowed ONLY if you have another responsible adult with you. If you are unable to arrange transportation home, your procedure may be postponed.
- The above may not apply for procedures without sedation.



Help at Home

- We strongly recommend you have a responsible adult with you for the rest of the day.
- If you have children, arrange for childcare.



Medications

- Talk to your doctor if you take blood thinners or medications for heart, diabetes, blood pressure, or breathing problems.
- Bring a list of your medications and supplements.
- Bring your emergency inhalers and/or migraine medication, if applicable.



Symptoms of Illness

- Contact your doctor right away if you develop a cold, flu, sore throat, fever, cough, rash, or open wound. We may need to postpone your procedure.



Pregnancy Concerns

- Tell your doctor before the procedure if there is any chance you are pregnant.
- Be ready to tell staff the date of your last menstrual period.



Food and Drink

- Follow your doctor's specific instructions regarding food and drink restrictions. These begin one week prior to your procedure.



Colonoscopy Bowel Preparation

- Follow ONLY the instructions given by your doctor's office.
- DO NOT FOLLOW INSTRUCTIONS FROM ANY OTHER SOURCES, INCLUDING THE INSTRUCTIONS WITH YOUR PREP BOTTLE.**



Procedure Checklist

- DO NOT wear lotions, creams, make up, nail polish, or scented products.
- DO NOT wear contact lenses. Instead, bring eyeglasses and case.
- DO NOT bring valuables. This includes wedding rings, wallet, credit cards, purse, etc. The Surgery Center is not responsible for lost valuables.
- DO shower or bathe the night before or the morning of the procedure.
- DO wear comfortable, loose fitting clothes that are easy to remove and put on.
- DO wear flat shoes.
- DO bring photo identification and insurance card.

Notes: _____

**RECORDING, LIVE STREAMING, OR PHOTOS ARE NOT ALLOWED
FOR THE PRIVACY OF OUR PATIENTS AND STAFF.**

DAY OF YOUR PROCEDURE

Admissions

- A nurse will guide you through the admission.
- Provide the name and phone number of the responsible adult taking you home.
- For patients under 18, a parent or guardian must remain in the lobby during the entire stay.
- Family and friends may wait in the waiting room. They may be allowed to come in once you have been admitted, time permitting.

Anesthesia

- Sedation or anesthesia will be discussed with you prior to your procedure.

Recovery

- Nursing staff will care for you in the recovery area until you meet criteria to go home.
- You will be in recovery for approximately 30 minutes. It is normal to go home feeling drowsy.
- Visitors may be limited to provide confidentiality for you and other patients.

Discharge Instructions

- Detailed written instructions will be provided and discussed in recovery.

WHAT TO EXPECT AFTER YOUR PROCEDURE

Possible Side Effects

- Temporary dizziness and forgetfulness is common due to the medication you receive for the procedure. You may not remember the conversation with your doctor in recovery.
- **Nausea & Vomiting:** You may experience nausea and vomiting. Small, light meals and staying hydrated may help. Call your doctor if it lasts more than 24 hours or prevents you from staying hydrated.
- **Pain:** You may have some discomfort after your procedure such as abdominal cramping and/or sore throat. These conditions should be minor and decrease with time. Call your doctor if pain is worsening and severe.
- **Infection:** Infections are very rare. Call your doctor if you develop a fever (101 F or above).
- **Bleeding:** A small amount of bleeding may occur after your procedure. Call your doctor if you experience heavy bleeding.

At Home

- We strongly recommend you have a responsible adult with you for the rest of the day.
- **DO NOT:** drive, operate machinery/tools, drink alcohol, use recreational drugs, or make important decisions, for the rest of the day.
- **DO:** follow all doctor's instructions given.

Follow-Up Phone Call

- A nurse will call you the next business day to check on how you are doing. This is an opportunity to ask any questions.

Your Opinion Matters

- You may receive a survey regarding your experience at our surgery center. Please complete and return your survey. Your feedback will help us improve our services.

NOTE: REFER TO SPECIFIC DISCHARGE INSTRUCTIONS GIVEN ON THE DAY OF YOUR PROCEDURE

PAMF Surgery Center Locations

Surgery Center Fremont
3120 Kearney Street
Fremont, CA 94538
Phone: 510-498-3600

Surgery Center Mountain View
701 E. El Camino Real, Level 1 NW
Mountain View, CA 94040
Phone: 650-404-8444

Surgery Center Palo Alto
795 El Camino Real, Level A
Palo Alto, CA 94301
Phone: 650-324-1832

Surgery Center San Carlos
301 Industrial Road
San Carlos, CA 94070
Phone: 650-596-4200