

Frequently Asked Questions

What should I expect when I arrive?

- Check in at the front desk. You will fill out additional paperwork and be called back to pre-op by a nurse. Generally, your ride will remain in the lobby.
- A pre-op nurse will review your health information, current medications, get vital signs, and place an IV.
- Your doctor will check in with you prior to the procedure, as well as the sedation nurse or anesthesiologist depending on your sedation plan.
- Your procedure will take place in a private room with your doctor, a procedure nurse and a sedation nurse or anesthesiologist. Expect your procedure to take approximately 30 to 45 minutes.
- Expect about 30 minutes in recovery, then discharged by wheelchair to your responsible adult driver.

How should I prepare for my colonoscopy prep?

Please eat a **low fiber diet** for several days prior to starting your prep. Eliminate nuts, seeds, fresh fruits and vegetables and avoid coffee and other dark juices the day of your procedure. Getting the best view of your colon depends on it being clean. The results should be clear or clear yellow.

What will the sedation be like?

Regardless of the sedation type, you will be continuously monitored by an RN or anesthesiologist, including heart rate/rhythm, oxygen levels, & blood pressure.

If receiving *Monitored Anesthesia Care (MAC)*:

*You will have deep sedation with an anesthesiologist. Most likely you won't feel or remember anything. This is **not** general anesthesia, so you will be able to breath on your own with supplemental oxygen. This type of sedation is scheduled according to medical necessity.*

If receiving *Moderate Sedation*:

This is also called 'twilight' sedation and is administered by a sedation RN. You may or may not remember the procedure and could experience some mild discomfort...OR you may even comfortably watch your procedure.

Our goal is to keep you comfortable. The nurse will give you more medicine through your IV as needed, as long as your vital signs are stable.

What will my procedure be like?

Colonoscopy: The scope is inserted through the anus and advanced to visualize the entire colon. During the colonoscopy, the doctor can take biopsies, remove polyps, and can perform additional interventions as needed.

EGD (upper endoscopy): You will have a mouth guard to prevent biting down on the scope. The scope will pass through your esophagus, stomach, and the beginning part of your small intestine. Your breathing will not be affected. Your doctor can take biopsies, dilate narrow areas, remove polyps, & other interventions as needed.

* You have no pain receptors in your GI tract and will not feel removal of tissues.

How and when will I find out my pathology results?

If tissue was removed, you will either receive a call from your doctor or get a letter in the mail. Please allow 1-2 weeks for results.

What should I know going home?

- Do not drive for 12 hours
- No alcohol for 24 hours
- Go directly home & rest
- If no pain/nausea then eat regular

CALL YOUR DOCTOR FOR:

- Severe **PAIN** in throat or stomach
- **BLEEDING** from mouth or rectum
- **INFECTION:** Fever 101° F & above, swelling/redness to IV site, increased heart rate, chills
- Persistent **NAUSEA** or **VOMITTING**

**CALL 9-1-1 FOR TROUBLE BREATHING
OR CHEST PAIN**



What do I need to bring?

- Photo ID and Insurance card
- List of current medications and dosages
- Ride that can stay on campus during the procedure and stay with you at home

Your procedure will be cancelled if you...

- Did not stop eating food as directed
- Did not stop drinking fluids as directed
- Did not stop blood thinners as directed (Plavix, Coumadin, Pradaxa, etc.)
- Have a poor bowel prep (still have solid stool or dark brown liquid stool)
- Have no ride: Must have a responsible adult that can stay near the facility and at home with you after your procedure