# **PREPARING FOR YOUR PROCEDURE**

Welcome to Greenwich Hospital's Endoscopy Suite.



Instruction Checklist for: 
Colonoscopy

Upper Endoscopy
 Description
 Endosopic Ultrasound

	_ oppor	
• Date of procedure:		
Time to arrive at th	e Endoscopy Center or Hospital:	Procedure time:
Please bring list of	medications and dosages.	
Please bring insura	nce cards.	
Every insurance po prior to your proce	licy differs. It is your responsibility to chedure.	neck coverage with your insurance
Insulin – Instructio	ons for the day of procedure:	
I.	lication —- Instructions for day of proce it in the morning, you may take it 3-4 hou	edure: irs prior to your procedure with a sip of water.
	ny drug that inhibits coagulation such as a amole), Plavix or Aggrenox, please consul	asprin, Ticlid, Coumadin (warfarin), t with your doctor for specific intructions:
• Any anti-inf	ocedure do not take any of the following lammatory drugs such as Advil, Nuprin an	
• Iron, Vitami	n C, Vitamin E and Ginkgo.	
such as popp	ucil, Citrucel or other bulking agents. Aver by, sesame, kiwi and tomato. <b>any</b> allergies including food and drugs, or	oid foods with small seeds,
them home after th made. A family me	river. By law, patients undergoing intraver leir procedure. Your procedure cannot be mber or friend is welcome to relax and wa ver can return for you when you are ready	performed unless this arrangement has been ait in our lounge while you are here. Or,
Procedure to be do		
	<ul> <li>The Endoscopy Center of Greenwich Hospital</li> <li>500 West Putnam Avenue, Suite 102 Greenwich, CT 06830</li> <li>(203) 863-3160</li> </ul>	<ul> <li>Greenwich Hospital Ambulatory Unit</li> <li>2<sup>nd</sup> floor, Main Hospital</li> <li>5 Perryridge Road</li> <li>(203) 863-3000</li> </ul>

Questions? Please call your physician. Please see maps for directions to locations on back page.

		Day of Procedure		
	Day Before Your Procedure	Before Your Procedure	During Your Procedure	After Your F in Endosco
Diet & Prep Instructions	Follow prep and/or physician's instructions.	Nothing to eat after midnight except liquids allowed with prep. You may brush your teeth with a small amount of water.	You will have IV fluids running during your procedure.	You will be given sor to drink and a light s
Pain Control/ Other Medications	Take your regular medications and inhalers. If you are on blood thinners, insulin or other diabetic medicines, then CHECK with your physician for instructions.	Take your regular medications unless directed otherwise by your physician. Bring inhalers with you. Some people will be given antibiotics.	You will be given medication via an IV line to relieve discomfort and anxiety during the procedure. This is called deep sedation. Many patients feel nothing and most remember lit- tle or nothing of the examination.	You may take your re medications as instru your physician.
Procedure	Your doctor's office has asked that you report to the endoscopy suite 1 or 1 <sup>1</sup> /2 hours before your procedure. This will give you enough time for proper preparation and information sharing. At the desk, you will be asked to read and sign your registration form and be given an ID bracelet.	You will be taken to your room where you will rest in a bed until it is time for your procedure. Waiting time may vary depending on your requirements for preparation and unanticipated delays with the procedure room schedule. A nurse will interview you, take your blood pressure and temperature and start an intravenous line (IV). A nurse also will explain our procedures and answer any questions you might have.	Once the physician is ready you will be taken to the procedure room where the physician, a nurse, an anesthetist and a surgical technician will greet you. That team will be with you during your entire proce- dure. They will also be monitoring your blood pressure and pulse during the entire procedure. A flexible lighted instrument will be inserted into your rectum and colon or your esophagus depending on your procedure. Photos and biopsies may be taken. Growths (polyps), if present, may be removed.	You return directly to following the proced will continue to mor signs while the mode wears off. Your famil may join you after yo physician will visit yo the findings of your during your recovery leave the nurse will r doctor's written instr you and the person yo driving you home. If trouble recalling you please call your doctor
Activity	Activity as usual. The laxative prep will cause multiple bowel movements and often works within 30 minutes. You will need to be close to bathroom facilities.	DO NOT plan to drive home or work the rest of today.	The procedure lasts 20-60 minutes.	The typical and safe is 20-40 minutes. A a designated escort v you to the door so th driven home. You w your colon following You will need to exp you are discharged. bashful.
Discharge	Make arrangements for transportation home following your procedure.	The typical and safe recovery time is 20-40 minutes.		You will be given wr to take home with y

#### After **Procedure** Discharge copy Suite something cold When you arrive home, you may t snack. have a light meal. Later on in the day you may have a regular dinner and the following day you may eat normally. regular Pain medicine should not be needed tructed by after your procedure. Resume regular medications unless instructed by your physician. The day after your procedure, a nurse to your room edure. The nurses from the endoscopy suite will attempt to call you to check on how you are onitor your vital feeling and answer any questions. Be derate sedation nily and friends sure to mention any minor problems you return. Your or questions you may have. For procedures performed on Friday, you and discuss a call will be placed on Monday. r procedure ry. Before you It is normal to experience some review the cramping and bloating throughout structions with the next 24 hours. It results from the who will be air put into your colon as part of the If you have procedure. You will feel better as you our results, pass the air out of your rectum in the ctor's office. hours following your procedure. fe recovery time Resume moderate activity as tolerated. It is also normal to not After that time, will accompany have a bowel movement for a day that you may be or two. But if you experience severe will have air in abdominal pain or a temperature ng the procedure. above 101 degrees, please call your xpel the air before physician immediately. If you had Don't be biopsies taken or a polyp removed, you may pass a small amount of blood from your rectum. Notify your physician immediately if you start to pass large amounts of blood or if blood passes continuously. Call your physician's office for the vritten instructions results of any biopsies. you.

### FOR ALL PROCEDURES

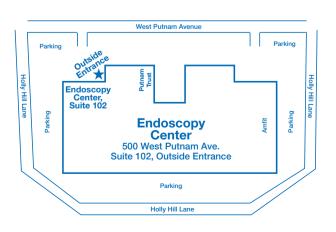
- Discuss any medication you take on a regular basis with your doctor before this procedure. We usually recommend you take your heart and blood pressure medication with a sip of water the morning of your procedure.
- 2. If you are on blood thinners, insulin or other diabetic medicines then check with your physician for your specific instructions. You may review the front page for some medication instructions from your physician and a list of those items you are to stop or avoid both 5 and 3 days prior to your procedure.
- **3.** No food or antacids after midnight the day of the procedure with the exception of medications you are instructed to take by your physician.
- 4. You may have clear fluids up to 2 hours before your arrival time.
- 5. Please inform us if you are or think you might be pregnant.

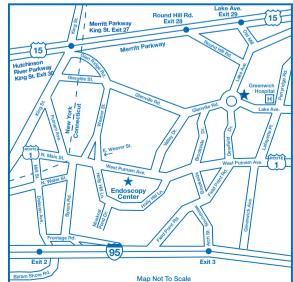
## COLONOSCOPY

- **1.** If you do not finish all of your prep please notify your GI physician.
- **2.** For all prep types consume a clear liquid diet only (a clear liquid is one that you can see through) the day before your procedure. If your procedure is after 12:30 pm you may have breakfast the day before your procedure.

#### Clear Liquid Diet:

- Beef or chicken broth or any other clear broth, no bouillon cubes
- Clear fruit juices (apple or apple combinations, cranberry or cranberry combinations, dark or white grape
- Black coffee or tea (with sugar, lemon, honey or sugar substitutes, if desired but no milk or non-dairy creamer.)
- Any carbonated and non-carbonated soft drinks, Kool-Aid, sports drink or other fruit flavored drinks, plain Jell-O without added fruit or toppings, Popsicles or Italian ice, or Hard Candy. Artificial red food colors may appear as blood in colon
- 3. Do NOT eat or drink anything Red or Purple. No milk products.
- 4. As there are many different preps for a colonoscopy please follow the instruction given to you by your physicians.
- **5.** Please note the color and consistency of your stool. Returns should be watery and clear to yellow. If stool is still present administer an enema at home.







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