

# PREPARING FOR YOUR PROCEDURE

*Welcome to Greenwich Hospital's Endoscopy Suite.*



Instruction Checklist for:  **Colonoscopy**  
 **Upper Endoscopy**  **Endoscopic Ultrasound**

Patient: \_\_\_\_\_

- Date of procedure: \_\_\_\_\_
- Time to arrive at the Endoscopy Center or Hospital: \_\_\_\_\_ Procedure time: \_\_\_\_\_
- Please bring list of medications and dosages.
- Please bring insurance cards.
- Every insurance policy differs. **It is your responsibility to check coverage with your insurance prior to your procedure.**
- Insulin – Instructions for the day of procedure: \_\_\_\_\_
- Blood pressure medication — Instructions for day of procedure: \_\_\_\_\_  
If you normally take it in the morning, you may take it 3-4 hours prior to your procedure with a sip of water.
- If you are taking any drug that inhibits coagulation such as aspirin, Ticlid, Coumadin (warfarin), Persantine (dipyridamole), Plavix or Aggrenox, please consult with your doctor for specific instructions:  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**5 Days Before the Procedure do not take any of the following:** Date to stop: \_\_\_\_\_

- Any anti-inflammatory drugs such as Advil, Nuprin and Aleve.
- Iron, Vitamin C, Vitamin E and Ginkgo.

**3 Days Before the Procedure:** Date to stop: \_\_\_\_\_

- Stop Metamucil, Citrucel or other bulking agents. Avoid foods with small seeds, such as poppy, sesame, kiwi and tomato.
- Notify us of **any** allergies including food and drugs, or have required antibiotic prophylaxis in the past.
- **You must have a driver.** By law, patients undergoing intravenous sedation must have an escort drive them home after their procedure. Your procedure cannot be performed unless this arrangement has been made. A family member or friend is welcome to relax and wait in our lounge while you are here. Or, your designated driver can return for you when you are ready to be discharged.
- Procedure to be done at:
  - The Endoscopy Center of Greenwich Hospital**  
500 West Putnam Avenue, Suite 102  
Greenwich, CT 06830  
(203) 863-3160
  - Greenwich Hospital Ambulatory Unit**  
2<sup>nd</sup> floor, Main Hospital  
5 Perryridge Road  
(203) 863-3000

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

	Day Before Your Procedure	Day of Procedure			After Discharge
		Before Your Procedure	During Your Procedure	After Your Procedure in Endoscopy Suite	
<b>Diet &amp; Prep Instructions</b>	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 something cold to drink and a light snack.	When you arrive home, you may have a light meal. Later on in the day you may have a regular dinner and the following day you may eat normally.
<b>Pain Control/ Other Medications</b>	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 little or nothing of the examination.	You may take your regular medications as instructed by your physician.	Pain medicine should not be needed after your procedure. Resume regular medications unless instructed by your physician.
<b>Procedure</b>	Your doctor's office has asked that you report to the endoscopy suite 1 or 1½ 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 anesthesiologist and a surgical technician will greet you. That team will be with you during your entire procedure. 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 your room following the procedure. The nurses will continue to monitor your vital signs while the moderate sedation wears off. Your family and friends may join you after you return. Your physician will visit you and discuss the findings of your procedure during your recovery. Before you leave the nurse will review the doctor's written instructions with you and the person who will be driving you home. If you have trouble recalling your results, please call your doctor's office.	The day after your procedure, a nurse from the endoscopy suite will attempt to call you to check on how you are feeling and answer any questions. Be sure to mention any minor problems or questions you may have. For procedures performed on Friday, a call will be placed on Monday.  It is normal to experience some cramping and bloating throughout the next 24 hours. It results from the air put into your colon as part of the procedure. You will feel better as you pass the air out of your rectum in the hours following your procedure.
<b>Activity</b>	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 recovery time is 20-40 minutes. After that time, a designated escort will accompany you to the door so that you may be driven home. You will have air in your colon following the procedure. You will need to expel the air before you are discharged. Don't be bashful.	Resume moderate activity as tolerated. It is also normal to not have a bowel movement for a day or two. But if you experience severe abdominal pain or a temperature above 101 degrees, please call your physician immediately. If you had 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.
<b>Discharge</b>	Make arrangements for transportation home following your procedure.	The typical and safe recovery time is 20-40 minutes.		You will be given written instructions to take home with you.	Call your physician's office for the results of any biopsies.

**FYI:** Wear comfortable clothing that is easy to remove. • Leave jewelry at home. • Please limit your visitors to 1 adult.

## FOR ALL PROCEDURES

1. 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.

