

Day before All Endoscopy Procedures:

- Please do not eat or drink starting midnight the night before the procedure. This includes gum, hard candy, mints, water, ice, etc.
- If you notice you have a fever, abnormal sounding cough, abnormal colored drainage or are sick feeling, call your physician's office as soon as possible and notify them of your symptoms.
- Complete any preparations ordered by your physician.

For Colonoscopies:

- The day before the procedure no eating solid foods. This means anything you must chew or cannot see through when you hold it up to the light.
- Only drink clear liquids for the entire day (nothing with red or purple dye), examples would be:
 - Broths (beef, chicken & vegetable)
 - Jell-O
 - Juice (no pulp)
 - Popsicles
 - Clear Soda (Sprite & Ginger Ale)
 - Gatorade
 - Tea
 - Coffee (NO creamer or milk)
- Be sure to complete the entirety of your preparation as prescribed by your physician.
- It is normal for your stool to be a clear yellow the morning of your procedure.
- Failure to follow instruction for your eating/drinking, and procedure prep given to you by your doctor's office could result in your procedure being delayed or cancelled.

Day of the surgery

- If you take heart, blood pressure, asthma, seizure, or diabetic medications your physician will advise you whether to take them the morning of the procedure. If you are advised to do so, take medication with a small sip of water.
- You may brush your teeth, but do not swallow the water.
- No lotions, creams, oils, powders, or gels on your skin.
- Wear loose, comfortable clothes that you can easily change in and out from.
- Leave all valuables at home, including medication.
- You are to arrive at the Endoscopy department one hour before your scheduled procedure time to be registered. Please arrive with your insurance card, photo identification card, and list of current medications. This will expedite the registration process.

- You are allowed 1 person to accompany you to the waiting area of the Endoscopy department.
- Your procedure could be delayed or cancelled if you do not have a person with you to drive you home after the procedure. We are unable to provide a ride for you, or allow you to use public transportation, like a taxi or an uber, unaccompanied by a care person.
- All jewelry, piercings and hair accessories will need to be removed.
- Refrain from using all tobacco products starting at midnight prior to your procedure.

What to expect

- When you arrive to Endoscopy you will be registered at the front desk and then asked to wait in the waiting room for nursing staff to escort you to the Pre-op holding area. Your visitor will be asked to wait in the waiting room at this point.
- The nursing staff will then do an in-depth assessment and prepare you for your procedure, you will be asked to change into a gown, and they will get a set of vital signs and start an IV.
- You will then be taken to the procedure room where the doctor will perform the exam and do any necessary testing. It is likely you will not remember much of this portion of your exam as the medication has an effect of memory loss.
- Once your procedure is finished your nurse will take you to the recovery room to allow you to wake up and get dressed. The recovery process usually only takes 20-30 minutes, and you can dress and walk to a wheelchair on your own. Because of the medication, you may not remember this, that is normal.
- You will be sleepy following the procedure so plan on resting and recuperating the rest of the day. You should be able to resume normal daily activities the next day.
- Nausea is a normal side effect of the procedure, as your physician instills air into the body and the air becomes trapped creating pressure. The best way to relieve this is to pass the air (gas) or burping it up. You may also use over the counter Gas-X or Mylicon after the procedure to help with bloating.

We have several Doctors working at the same time. You will be called back for procedure based on your doctor's schedule. Some procedures require more time than others based on each patient's needs. Plan on being at the hospital for 2-3 hours. We value your time and strive to get you in and out of the procedure as quickly as possible while keeping your health and safety our main priority.