

ZSFG GI Endoscopy Instructions – Upper Endoscopy and Colonoscopy

APPOINTMENT DATE: _____ APPOINTMENT TIME: _____

REGISTRATION: Check in at the main lobby of **building 25**. Take the elevators to **floor G** and enter room **G1 (waiting room)**.

7 DAYS BEFORE PROCEDURE:	<ul style="list-style-type: none"> ● Stop taking iron pills (ferrous sulfate). ● Pick up bowel preparation medication from pharmacy (call 628-206-8823 if you have not been prescribed the medication).
ASPIRIN AND ANTI-COAGULANT MEDICATIONS	<p><u>CONTINUE</u> taking aspirin and anticoagulant medications as prescribed.</p>
ADDITIONAL MEDICATIONS	<p><i>If prescribed, take the following medications to help prepare the colon:</i></p> <ul style="list-style-type: none"> ● 14 days before the procedure start taking polyethylene glycol twice daily. ● 2 days before the procedure start taking bisacodyl twice daily.
1 DAY BEFORE PROCEDURE:	<ul style="list-style-type: none"> ● DO NOT EAT any solid food, thick liquids, milk, or cream. ● DRINK CLEAR LIQUIDS ALL DAY: water, broth, tea, apple juice, coffee, soda. ● <u>Around 4-6PM:</u> 4L polyethylene glycol prep: Mix bowel preparation with water per package instructions. Drink half of the prep over a 2-4 hour period. Save the other half for the next day. Continue to drink clear liquids. Suprep: Mix one bottle to total 16 oz using provided plastic cup and drink, followed by two more containers full of water. Continue to drink clear liquids. ● If you have diabetes: Take half of your pills and/or half usual dose of insulin.
DAY OF PROCEDURE:	<ul style="list-style-type: none"> ● 6 hours before arrival: Drink the remaining half of the bowel preparation, following same instructions as above. ● If you have diabetes: Do not take diabetes pills or insulin today.

	<ul style="list-style-type: none"> ● <i>TAKE ALL YOUR OTHER REGULAR MEDICATIONS</i> unless directed otherwise.
	<ul style="list-style-type: none"> ● It is ok to drink clear liquids up until 3 hours prior to arrival.
	<ul style="list-style-type: none"> ● Bring a responsible adult to escort you home (if you do not have an adult that can escort you home, call 628-206-0171 and we can arrange a ride for you).

What is an Upper Endoscopy and Colonoscopy?

An upper endoscopy (also known as an EGD) is a test performed to evaluate the upper digestive tract. During the procedure, a doctor examines the lining of your esophagus, stomach and the first part of your small intestine through a thin flexible tube called an endoscope. If growths or other abnormalities are found during the procedure, the provider may biopsy or remove the abnormal tissue for further examination.

During colonoscopy, a doctor examines the lining of your large intestine and rectum through a flexible tube called a colonoscope. The colonoscope is inserted into the anus and advanced slowly through the colon. If polyps or other abnormalities are found, the doctor may remove them for further examination. **To produce the best and most accurate results, your colon must be completely clean. This is why it is important to drink all the prep medicine and follow the diet instructions.**

Plan to spend two to three hours at the endoscopy center the day of your colonoscopy. The actual procedures usually take about 30-45 minutes to complete.

What happens before the upper endoscopy and colonoscopy?

- You will change into a gown.
- A nurse will insert an intravenous (IV) line into your hand or arm.
- Your medical history will be reviewed with you, and you will be given consents to sign.

What happens during the upper endoscopy and colonoscopy?

- Medicine will be given through the IV line to help you relax and feel drowsy.
- Your heart rate, blood pressure, and oxygen levels will be monitored.
- The doctor will insert the endoscope into your mouth and will advance it slowly through the esophagus, stomach, and duodenum (first part of your small intestine).
- The doctor will then insert the colonoscope into your anus and will advance it slowly through the rectum and colon, looking for abnormal tissue or polyps.
- During the procedures, you may experience some gagging or cramping. This is normal.
- If abnormal tissue or polyps are found, the doctor may remove them through the endoscope or colonoscope for closer examination. Tissue removal is painless.

What happens after the upper endoscopy and colonoscopy?

- A nurse will talk to you about the findings of your procedures.

If you need to cancel/reschedule your appointment, or if you have any questions, please call us at (628) 206-8823. You can watch a short video on these instructions at: <http://www.sfhealthnetwork.org/need-to-visit-a-specialist-doctor/gastroenterology>

- The doctor will prepare a full report for the physician who referred you for the procedures and give you a copy to take home.
- You may have a sore throat, cramping or bloating. This is normal and will improve quickly.
- Medication given during the upper endoscopy and colonoscopy will inhibit you from driving for the rest of the day. You should avoid alcohol for 24 hours after the procedure. You will otherwise be able to resume regular activities and diet after the procedure is complete.
- A nurse will provide you with a complete discharge instruction before you leave the endoscopy center.

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