

Upper Endoscopy/Colonoscopy Information

Step-By-Step Guide

1. Preparing for your endoscopy/colonoscopy

TAKE THE DAY OFF: We recommend that you take the entire day off work/regular activities the day of your procedure. Medications given during the procedure can significantly impair your judgement, so you should not be expected to make important decisions the rest of the day. Do not drive until the following morning of your procedure.

2. Before your procedure:

You will be informed of the procedure risks, and you will sign a consent form. You will go through your health history and your current medication list with a nurse. You will be given a hospital gown to wear during the procedure and an IV will be placed in your arm for medication and fluids.

3. During your procedure:

You will be placed on your left side and be given medications through your IV to help you relax, get comfortable and become drowsy.

If you are having an endoscopy, the doctor will insert the scope into your mouth to look at your stomach lining and small bowel. To allow the doctor to better visualize the lining of your stomach, air will be put into your stomach. You may feel mild gagging during the procedure; however, most patients do not remember the procedure due to the medications. The procedure lasts approximately 10 to 15 minutes. You will be taken to the recovery area following your procedure.

If you are having a colonoscopy, the doctor will insert the scope into your rectum to look at the lining of your colon. Air will be put into your colon to allow the doctor to better visualize the lining of your colon. Most patients, however, do not remember the procedure due to the medications. The procedure lasts approximately 20 to 30 minutes. You will be taken to the recovery area following your procedure.

4. After your procedure:

You will remain in the recovery area until you are ready to be discharged (usually takes about 30 minutes). You may feel bloated, pass gas or experience mild abdominal cramping. To feel more comfortable, we recommend expelling the air by belching. When you are alert and stable, you will be discharged.

The doctor or nurse will inform you about your plan of care. Remember you **MUST** have an escort to accompany you home. You may return to work the morning **AFTER** your endoscopy/colonoscopy.

5. After you go home:

Contact Cedar Valley Digestive Health Center or your local emergency room if you experience any of the following:

- *Fever and/or chills*
- *Severe abdominal pain that does not improve after belching or passing gas*
- *Significant bleeding that makes a large portion of the toilet bowl red*

Your lab and pathology results are available for you to view on our Cedar Valley Medical Specialists patient portal. You will only receive a call if there are additional recommendations or a change to your plan of care.