

**Appointment Date:** \_\_\_\_\_ **Time:** \_\_\_\_\_

**LOCATION:** Aultman Main Hospital: 2600 6<sup>th</sup> St. SW, Canton

**DEPARTMENT:** Aultman Endoscopy/Minor Surgery Department on Main 2 (if your procedure is being done with moderate sedation) or Same Day Surgery (if your procedure is being done with anesthesia).

## **SUMMARY OF THE PROCEDURE:**

A colonoscopy is an examination to view the inside of your colon (large intestine) using a flexible scope. It is also possible to remove a polyp during this procedure. Polyps are small growths inside the colon that are benign approximately 90 percent of the time. The procedure can take 15 minutes to an hour to complete.

## **INSTRUCTIONS**

### **One week before your procedure**

- Check with your doctor for specific instructions if you are taking aspirin, anti-inflammatory drugs, insulin, or anticoagulants (blood thinners)
- Avoid eating seeds or nuts.
- Make sure you have arrangements to have someone with you who can drive you home after your procedure.

### **One to two days before your procedure**

- Have a clear liquid diet only. Clear liquids include: Jell-O (avoid red or orange), broth, tea, black coffee, ginger ale and any see-through liquid. Avoid cream soups or cream/milk in your tea and coffee because these liquids are not clear. Drink plenty of clear liquids to keep yourself hydrated.
- Complete your bowel prep as instructed by your doctor. Contact your doctor if you are unable to take the prep, or if you do not observe results.

### **The evening before your procedure**

- Do not eat or drink **ANYTHING** after midnight, unless otherwise instructed by your doctor.

### **The day of your procedure**

- Bring a complete list of all your medications including prescription and over-the-counter medications, herbal supplements, and vitamins.
- Wear loose fitting clothes that will be comfortable for you to wear home.
- Leave valuables such as cash, credit cards or jewelry at home.
- If reporting to the **Endoscopy/Minor Surgery Department**, do so at least one hour before your scheduled procedure time. You will be escorted to the

prep/recovery area, where you will change into a gown. Lockers are provided. Your family member/ friend may wait for you in the waiting room.

- If reporting to the **Same Day Surgery department**, do so at least two hours before your scheduled procedure time. Your family/member friend may wait with you until you are taken to the OR receiving area, then they will be escorted to the waiting room.
- You will be asked to sign a consent form to allow the doctor to perform the procedure.
- The nurse will start an intravenous (IV) line to provide fluids and sedation

#### **During your procedure:**

- You will lie on your left side on a cart in a darkened room
- Medicine will be given through your IV line to relax you and keep you comfortable. Oxygen will also be administered.
- As the doctor inserts the scope into your rectum, you may feel pressure or some cramping in your stomach.
- If a polyp is found, it may be removed at this time. Also, a biopsy (a very small piece of your bowel lining) may be removed and sent to the lab for further testing. Finally, if a source of bleeding is identified, the physician make clip, cauterize (burn), or inject the spot to prevent further bleeding. You will not feel these procedures and they will not hurt.
- The entire procedure lasts 15 minutes to one hour.

#### **After your procedure:**

- You will be taken to the recovery room where you will stay for about an hour.
- You may feel bloated or have some abdominal cramps. You will be encouraged to pass gas to get rid of these symptoms.
- The procedure doctor will tell you what he/she found and send a report to your primary care provider.
- After your recovery, you will be discharged home. **YOU MUST HAVE SOMEONE DRIVE YOU HOME**
- You should not plan to do anything that requires concentration or coordination for the rest of the day.
- If a polyp was removed, avoid aspirin or ibuprofen products (Motrin, Advil and Aleve) for two weeks.
- Check with your doctor for specific instructions if you are taking anticoagulants (blood thinners).
- Please call your doctor if you have bleeding, temperature elevation of 101 degrees or greater, or severe abdominal pain that doesn't go away after you pass gas.

**LENGTH OF EXAM:** Plan on spending about three hours at the hospital from start to finish if your exam is done in the Endoscopy/Minor Surgery department, and up to five hours if your exam is done in the Same Day Surgery department.

### **QUESTIONS PRIOR TO YOUR TEST**

Call Aultman Endoscopy/Minor Surgery Department at 330-363-2511 weekdays between 8am - 2pm for any questions about your test.

**SCHEDULING AND REGISTRATION:** Pre-registration is required for an accurate medical record and proper billing. Please call Aultman Centralized Scheduling at 330-363-6318 between the hours of 8 a.m. and 4 p.m. to pre-register. If you have questions or need to reschedule your exam, please call the doctor who is performing the test.

### **HOSPITAL PARKING**

It is best if you park on the Seventh Street side of the hospital, either in the parking deck or in the 7<sup>th</sup> Street valet. Please note that whether you choose to park in the deck or with valet, your parking will be free since you are having a procedure with us.

### **DIRECTIONS TO THE DEPARTMENT**

The Aultman **Endoscopy/Minor Surgery** Department is located in the Main Hospital on the second floor. From the main hospital lobby, take the elevators to the second floor. When exiting the elevators turn right, and then immediately turn left. You will see a white sign hanging from the ceiling that reads “Outpatient Check In”. Check in with the person at the desk or by touching the computer kiosk screen on the desk and following the prompts.

The Aultman Same Day Surgery department is located in the Main Hospital on the main floor right off of the lobby. When you enter through the 7<sup>th</sup> street doors, make an immediate right and follow the “Same Day Surgery” signs. Check in with the person at the desk.