

PREPARING FOR YOUR LOWER ENDOSCOPY

Patient Name: _____

Physician: _____

Procedure Date: _____ Procedure Type: _____

Arrival Time: _____

Procedure Location:

- CentraCare Health Plaza-** Digestive Center: (320) 229-4933

Parking: Park in the **Woodlands** parking lot. The Digestive Center is located on the 2nd floor.

Registration: Please come to the front desk of the Digestive Center to get registered for your procedure.

- St. Cloud Hospital:** (320) 229-4933

Parking: Park in the **South** Ramp.

Registration: Take the **South Ramp entrance** to the **South Ramp elevator**. Take the South Ramp elevator to the 2nd floor and check in at the Heart & Vascular Center.

You will receive a phone call from a nurse and/or from registration 5 to 7 days before your test. They will ask questions to help get you ready for your test, to talk about your health; and to help you understand which medications you can or cannot take before the test. If you have **ANY** questions regarding these instructions, please call us at **(320) 229-4974**, Monday through Friday between 8:00 a.m. and 4:30 p.m. You may also call us toll free at 1-844-795-1734. If you need to reschedule your test please call (320) 229-4933.

Before your procedure

- Check with your insurance carrier about coverage for the test. The phone number is on the back of your insurance card.
- Be sure to review your **bowel preparation instructions** and have information available to review with nurse.
- Be sure to follow your bowel preparation instructions and finish it all.

How to prepare for your lower endoscopy

- A responsible adult, who is **18 years old or older**, must be with you at this appointment. We strongly recommend that your driver stay during your procedure. If they choose to leave the Endoscopy Unit, but are staying in the building, they can request a pager.
- You are **not allowed** to drive yourself home. You are **not allowed** to take a taxi or bus, or leave the Endoscopy Unit alone.
- You can take a taxi home with a **responsible adult** with you.
- If you do not have a **responsible driver** (family member or friend) with you to take you home, your test cannot be done with medicine and will be cancelled.

- We strongly recommend that someone stays with you for 24 hours after the test because the medicine can affect your body, your memory, and your ability to make good, safe decisions.
- You will **not** be able to return to work, drive, or operate machinery the day of your test. Do not drink alcohol or sign any legal papers for 24 hours after getting sedation.
- Before you can leave your test area your vital signs should be close to normal for you.

Medications

- A nurse will call you before the test to talk about your medications and to tell you which ones to take before the test.
- Some medications you take may need to be stopped or adjusted before your lower endoscopy. You must call the doctor who ordered the following medicines at least 2 weeks before your lower endoscopy.
 - Blood thinners or anticoagulant medications. Please call the doctor that monitors these medications. Your dosage may need to be adjusted due to the endoscopic procedure.
 - Insulin or diabetic pills. Please call the doctor that monitors these medications. Your insulin dosage may need to be adjusted due to the diet restrictions required with this bowel preparation. Please bring your **diabetic medications** with you on the day of your procedure.
 - You may take your aspirin on the day of your test with water only.
 - Bring **all inhalers** with you the day of your procedure if you take them.
 - Bring C-PAP machine with you the day of your procedure if you use one at home. (For patients having procedure at St. Cloud Hospital Only).
 - Bring all home oxygen equipment with you the day of your procedure.

Diet

Please follow the specific bowel preparation instructions provided by your doctor in your envelope. Your body must be empty so that your doctor can view the area.

The day of your test

- You may drink water and the bowel preparation until four hours before your scheduled arrival time.
- Please limit water intake to eight ounces.
- Do not wear any perfume or cologne.
- Do not wear jewelry. Please leave valuable objects at home or with family members.
- If you wear glasses, bring your glasses case with you.
- Dress comfortably.

Notes / Other instructions: _____
