



## EGD & COLONOSCOPY PREPARATION

**PLEASE NOTE: IF YOU MUST CHANGE OR CANCEL YOUR APPOINTMENT,  
A FEE OF \$75 WILL BE ASSESSED IF NOTICE IS NOT GIVEN 24 HOURS PRIOR TO PROCEDURE**

1. Make arrangements to have someone drive you to the surgery center, stay with you during the procedure and be able to drive you home after your procedure.
2. Finish the entire colon cleanse regimen given by physician's office. This is available at your pharmacy and is usually in stock to be picked up same day. Please follow all instructions given on the colon cleanse split-dose regimen to ensure the most effective cleansing; no one wants to do this twice.
3. **DO NOT Drink any red, purple or dark colored fluids prior to procedure. Please stick with a clear-liquid diet the day before your colonoscopy. NOTHING to eat after 6pm the night prior to procedure.**
4. If you are on any blood thinners such as: Warfarin, Coumadin or Plavix, please notify our nurse at: (817) 468-7200.
5. **NO PAIN MEDICATION OR ASPIRIN THE MORNING OF YOUR PROCEDURE)**
6. OTHER MEDICATIONS TO AVOID: \_\_\_\_\_

### DURING THE PROCEDURE

Everything will be done to help you be as comfortable as possible. Your blood pressure, pulse and blood oxygen level will be carefully monitored. You will be administered anesthesia unless noted otherwise.

You may also have your throat sprayed or be asked to gargle with a local anesthetic to help keep you comfortable as the endoscope is passed through. A supportive mouthpiece will be placed to help you keep your mouth open during the endoscopy. Once you are fully prepared, the physician will gently maneuver the endoscope into position.

As the endoscope is slowly and carefully inserted, air is introduced through it to help him see better. During the procedure, you should feel little to no pain and it will not interfere with your breathing.

The physician will use the endoscope to look closely for any problems that may require evaluation, diagnosis or treatment.

In some cases, it may be necessary to take a sample of tissue, called a biopsy, for later examination under the microscope. This, too, is a painless procedure. In other cases, the endoscope can be used to treat a problem such as active bleeding from an ulcer.

Just after the upper endoscopy your physician will prepare for the colonoscopy first by performing a rectal exam with a gloved, lubricated finger; then the lubricated colonoscope will be gently inserted.

As the scope is slowly passed, you may feel as if you need to move your bowels, and because air is introduced to help advance the scope, you may feel some cramping or fullness. Generally, however, there is little or no discomfort.

The time needed for colonoscopy will vary, depending in part on what is found and what is done; on average, the colonoscopy takes about 30 minutes and the upper endoscopy takes about 15 minutes.

Afterwards, you will be cared for in a recovery area until most of the effects of the medication have worn off. At this time, your doctor will inform you about the results of your colonoscopy and provide any additional information you need to know. You will also be given instructions regarding how soon you can eat and drink, plus other guidelines for resuming your normal routine.

### POSSIBLE COMPLICATIONS

Although these procedures are safe, complications can occur, including perforation or puncture of the colon or esophageal walls which could require surgical repair. Complications during a colonoscopy or upper endoscopy are rare.

When polyp removal or biopsy is performed, hemorrhage — heavy bleeding — may result and sometimes require blood transfusion or reinsertion of the scope to control the bleeding.

### AFTER THE PROCEDURE

Plan to rest for the remainder of the day after your colonoscopy. This means not driving, so you will need to arrange to have a family member or friend take you home.

Occasionally, minor problems may persist, such as bloating, gas or mild cramping, which should disappear in 24 hours or less.

YOUR PROCEDURE IS SCHEDULED AT:

Trinity Park Surgery Center  
3501 Matlock Road  
Arlington, TX 76015  
(817) 375-9370

Medical Center of Arlington  
3301 Matlock Road  
Arlington, TX 76014  
(817) 465-3241

Date of Procedure: \_\_\_\_\_  Mon  Tues  Wed  Thurs  Fri

Time: \_\_\_\_\_ AM / PM YOUR ARRIVAL TIME WILL BE ONE HOUR PRIOR

**The Center will call you the day prior to your procedure with any necessary co-pays/deductibles that will be required at time of service for the facility fees.**

**We usually obtain your endoscopy results within 1 week and we will have a nurse call you with these results to discuss the next step. We will also mail you a copy of your report.**

If you have any questions please feel free to contact our office at: (817) 468-7200.