

Gastroscopy (EGD):

An upper GI endoscopy is a special exam of your upper gastrointestinal (GI) tract. Your family doctor may order this exam if you are having upper GI symptoms.

To Prepare for the procedure you can not eat or drink anything after midnight the night before your procedure.

The Procedure: You will lie down on the exam table. Your throat may be numbed with a spray. You will be given sedatives through your IV. Because you are sedated for your procedure, you will be given oxygen. You will also be hooked up to monitors to watch your heart rate, BP and oxygenation. You swallow the endoscope. The medication will keep you from gagging. Air is inserted to expand your GI tract. The air can cause some belching. The video camera in the endoscope displays images on a video screen. Pictures may be taken as a record of your exam. When your procedure is completed you will be returned to your room to rest until you are able to go home. You will be given something to eat before you go home.

After Your Gastroscopy: You will feel groggy after your scope and should not drive the rest of the day. You may resume your normal activities the next day. You might have some mild bloating and throat discomfort. You may resume your regular diet as tolerated.

Please call if you notice

- Severe abdominal pain
- Fever
- Blood in your stools

**Getting Ready At Home:

(both colonoscopy and EGD)

- Leave valuables at home.
- Remove excess makeup and nail polish
- You must not have anything to eat or drink after midnight the night before your scope.
- You may take your medicines in the morning with a sip of water. Your nurse may direct you to NOT take certain medications such as aspirin or blood thinners for a few days before surgery.
- Make sure you have a driver lined up to drive you home. You will not be able to drive yourself.
- Be aware that your arrival time is not your procedure time. Please feel free to bring a book to read, or you may enjoy watching TV. There is normally a wait time from 30-60 minutes. If there are patients before you that have more needs than anticipated- the wait time may increase.
- A nurse will call you prior to your scheduled scope to go over your medications and health history. Please have your list of medications handy.
- Please let your nurse know if you are on any blood thinners (Coumadin, Plavix, Aspirin, Ticlid).

Arrival At The Hospital: Your family and friends are welcome to wait in the waiting room. There is room for one to two people in the patient rooms and we are happy to allow family/ friends to stay with you. We do value privacy, so your door will be shut.

After your procedure, your doctor will want to talk with your family/friend who is with you that day since you won't remember your conversation with him due to your sedation. In some instances, we call your ride when you are ready to go home if they do not want to stay at the hospital. If there is not someone at the hospital to talk with the doctor, everything is written down for you in your discharge instructions should you have questions when you get home

******If you have biopsies taken or polyps removed, you will be notified the day of your procedure. You will get a letter from the surgeons office 4-6 weeks later with the pathology. If your pathology is abnormal, the surgeons office will notify you by phone as soon as they get the pathology report-usually within a week.

Understanding **ENDOSCOPY** Procedures

What you
should know...

**Pocahontas
Community Hospital**



An Affiliate of  **UnityPoint Health**

606 NW 7th St., Pocahontas, IA 50574
Surgery Department: (712) 335-5230
Hospital Phone: (712) 335-3501
Fax: (712) 335-4745

Thank you for choosing
Pocahontas
Community
Hospital!

You are scheduled for:

Date: _____ Time: we will call you.

Doctor: _____

You and your doctor have agreed you need an endoscopy (Colonoscopy &/or Gastroscopy) procedure. Understanding what is happening to you can make your hospital visit more pleasant and even improve your recovery. This brochure will discuss what you can expect during your endoscopy experience-from preparation to recovery.

Pocahontas Community Hospital provides a full-range of services your scope procedure requires. Modern equipment is standing by to monitor your health before, during and after your scope.

Highly skilled professionals will care for both your physical and emotional needs. Doctors, nurses, and others will perform the tests you need, follow your progress and discuss any questions you and your family may have. Your privacy is very important to us and we will take every precaution to maintain your privacy. Patients should enter the hospital through the main entrance on the southwest side of the hospital. It is important to bring Medicare or insurance cards with you.

Colonoscopy:

A colonoscopy is a special exam of your lower gastrointestinal (GI) tract. If you are having lower GI symptoms or an abnormal x-ray your family doctor may recommend a lower GI endoscopy in order to get a better look.

It is also important to have a screening colonoscopy after the age of 50. This allows for early detection of colon cancer. Cancer of the colon is a major health problem in the United States. It ranks as a leading form of cancer, along with lung and breast cancer. Importantly, colon cancer is also one of the most preventable and curable forms of cancer. When detected early, more than 90% of patients can be cured.

To Prepare for your colonoscopy, you will need to pick up your prep from the pharmacy or store. Your health care provider may choose a colon prep that he/she feels you would tolerate the best. In most instances, you will have the "Gatorade Prep". Check with your health care provider- they usually call these medications for you to your pharmacy.

However, for the Gatorade prep you can purchase everything you need from most major grocery stores. You can also check with your local grocery stores to see if they stock these items.

1. GATORADE (64 ounces)-Two 32 ounce bottles (**not red or purple**)
2. DULCOLAX 5mg tablets (4 tablets)
3. MIRALAX BOTTLE 238 grams

The Day Before your colonoscopy you can only have clear liquids for the entire day. A clear liquid diet consists of liquids you can see through. It is important to drink plenty of fluids during the day to prevent dehydration (8-12 cups/ day)

- **No milk products**
- **No orange juice**
- **No solid food**
- **No red or purple drinks, jello or popsicles**

1:00PM-Take 2 DULCOLAX TABLETS

3:00PM-Mix the entire bottle of Miralax into the 64 ounces of GATORADE. (Put half the bottle in each 32 ounce bottle of GATORADE). Shake the solution until fully dissolved. Drink an 8 ounce glass every 30 minutes until the solution is gone.

5:00PM-Take the last 2 DULCOLAX TABLETS.

******Some patients have found that this preparation works slowly and they are up during the night. If you would like, you can start your prep earlier in the day.

Foods Allowed: Pop, tea, coffee, clear fruit juices, Powerade, Gatorade, gelatin, popsicles, clear broth, clear hard candies. (Nothing red or purple)

The Procedure: The colonoscopy will be performed by your surgeon. It can take 30 minutes or longer. You will be asked to lay on your left side. You will be given sedatives through your IV. Because you are sedated for your procedure, you will be given oxygen and be hooked up to monitors to watch your heart rate, BP and oxygenation. The endoscope is inserted through your rectum. This may cause some pressure and cramping. Tell the nurse if you feel pain and you may receive more medication. The video camera in the endoscope displays images on a video screen. Pictures may be taken as a record of your exam. When your procedure is completed you will be returned to your room to rest until you are able to go home. You will get something to eat before you go home.

After Your Colonoscopy:

- You will feel groggy after the procedure and should not drive for the rest of the day. You may resume your normal activities the next day.
- You may experience mild cramping and bloating. Walking may help relieve the discomfort.
- Resume your regular diet as tolerated.
- Please call if you have any of the following after your procedure:
 1. Severe abdominal pain
 2. Fever
 3. Rectal Bleeding