

**Additional Information for Lower Endoscopy**

(Colonoscopy, Flexible Sigmoidoscopy, & Endoscopic Ultrasound)

- If there are any changes to your medical history or medications, or you have recently been in the hospital or emergency department, please contact the clinic prior to coming in for your procedure.
- Your colonoscopy will take approximately 30-45 minutes. Expect to be at the Ambulatory Surgery Center for 2-3 hours. If your procedure is at the hospital, expect about 3 hours from check-in to discharge.
- Please call the clinic if you are having any illness symptoms such as fever, cough, shortness of breath, chest pain, confusion, new loss of taste or smell, runny nose, congestion, nausea, or vomiting. We may need to reschedule your procedure until after your symptoms have resolved.
- Pregnancy testing is required for all patients capable of bearing children aged 18-50 and will be completed on the day of your procedure after your arrival. This requirement excludes patients who have undergone a hysterectomy, have not had a menstrual cycle within the past year, are currently pregnant, or have delivered a baby within 7 days.
- Your bowel prep medication will begin to work approximately 30 minutes to 3 hours after you take it. If using SuTab, do not cut or crush the tablets. You need to take the entire prep solution, even if your output is clear. This will ensure your physician will be able to clearly see your colon. If your prep is not satisfactory, your physician may need to cancel your procedure and/or bring you back sooner for another colonoscopy. If you have finished your prep and your output is still brown/cloudy, please call the clinic after 6 am.
- It is important to stay well hydrated while preparing for your procedure. Good hydration helps facilitate IV access and prevent nausea and vomiting. However, make sure you do not drink anything after the cut off time on your instructions.
- Drinking the prep through a straw placed at the back of your mouth, putting a lid on your cup, and sucking on a hard candy or cough drop can also help while you take your prep.
- If you become nauseous or vomit, take a break. You may restart the prep at a slower pace. If you have persistent nausea and / or vomiting and cannot complete the prep, please call the office after 6 am to reschedule your procedure.
- After you arrive at the clinic and check in, your nurse will greet you, show you to your bay and have you change into a gown. The nurse will complete a physical assessment and prepare you for your procedure. Your anesthesia provider will discuss sedation and have you sign a consent.
- Once in the procedure room, your team will make sure you are comfortable. Your physician will answer any questions you may have and have you sign a consent. The anesthesia provider will give you medication to help you fall asleep.
- Your physician will speak with you briefly after your procedure to discuss findings. You will be given discharge instructions. If you have further questions about your care, please make a clinic appointment to discuss next steps.
- When ready, you will be allowed to go home. Your physician will inform you of any dietary restrictions at the time of your discharge. You may bring an extra pair of underwear/pants and a towel with you to use after your procedure if necessary. We recommend you keep water and a snack in your car to have after your procedure.
- Following your procedure, you may use over the counter hemorrhoid cream/wipes and/or a barrier cream such as zinc oxide to treat hemorrhoids or perianal soreness.