



Endoscopy Plan of Care

ENDOSCOPY WEBSITE QR CODE



YOUR ENDOSCOPY PROCEDURE

By choosing Schneck Medical Center for your colonoscopy or upper endoscopy, you have chosen to be in the care of experienced healthcare professionals throughout your stay. This Plan of Care will guide you through your upcoming procedure to ensure the best possible experience and outcomes.

THE IMPORTANCE OF A COLONOSCOPY

A colonoscopy is a test using a scope and video that lets the physician examine the lining of your colon and rectum. Colonoscopy can detect small colon cancers while they are treatable, and before they have spread to other parts of the body. It can also detect and remove polyps, which are small growths that can develop into colon cancer. Colon and rectal cancers (known together as colorectal cancers) are the third most common type of cancer in both men and women, and are the second leading cause of cancer-related deaths in the United States.

THE IMPORTANCE OF AN UPPER ENDOSCOPY (EGD)

An EGD, or EsophagoGastroDuodenoscopy, is a test using a scope and video that lets the physician examine the lining of your esophagus, stomach, and the first part of your small intestine. An EGD can help detect hernias, ulcers, bleeding, or other abnormalities. An EGD can also be used to take specimens and diagnose medical disorders.

PREPARING FOR YOUR PROCEDURE

Arrange Transportation

You are **not** permitted to drive for the rest of the day following the procedure, so please arrange to have an adult friend or family member drive you to the hospital and home afterwards. After you leave the hospital, we suggest your support person help you into your home and help you get comfortable.

Colon Preparation if you are having a Colonoscopy

There are two parts to prepare for a colonoscopy: diet and bowel preparation. Follow the diet ordered by your doctor. Solid food will be stopped approximately 1-2 days prior to your procedure. Your doctor will also prescribe a bowel prep that will trigger bowel-clearing diarrhea. To prevent dehydration, a few days before your procedure it is important to drink **additional clear liquids**. Drinking plenty of fluids is also important **after** your colonoscopy. **Please STOP all liquids 4 hours before your procedure.**

Emptying the contents of the colon is a key requirement for a successful colonoscopy. If the colon isn't completely emptied, polyps and lesions can be missed, and the colonoscopy may take longer, which increases the risk of complications. With an incomplete prep, your doctor may even decide that the whole process needs to be rescheduled and repeated, meaning another round of bowel prep.

EGD Preparation if you are having an EGD

EGD does not require bowel prep unless you are having an EGD and Colonoscopy. **Please STOP all liquids 4 hours before your procedure.** Follow the diet ordered by your doctor. Your doctor might plan a certain preop diet, but this is normally no solid food after midnight.

You can find more information and our colon prep instructions on our website or by scanning the QR Code located on the front page of this pamphlet.

<https://www.schneckmed.org/medical-services/gastroenterology>

PRE-ADMISSION TESTING

Your physician may recommend a Pre-Admission Testing appointment prior to your procedure. **Your appointment will be conducted over the telephone. You do not need to come to the hospital for your appointment.**

Pre-admission testing helps our staff evaluate your overall health, and allows you the opportunity to ask questions and receive needed information in preparation for your procedure.

After your physician has scheduled your procedure and Pre-Admission Testing appointment, a registrar may contact you to obtain your demographic information including address, phone numbers, and insurance information. For your convenience, you may also call 812-522-0408 to register, Monday through Friday, 7:00 a.m. to 6:00 p.m. Registration is also available via the patient portal.

Please call registration and your physician if your phone number changes.

ITEMS TO BRING TO THE HOSPITAL ON THE DAY OF SURGERY

- Picture identification and insurance cards.
- Copy of an advanced directive document, such as a living will or durable power of attorney, if you have one.
- Copy of a court-appointed guardianship document, if applicable.
- Current list of your medications, including dosage and how often you take the medication.
- List of past surgeries and hospitalizations.

MEDICATION SAFETY

Please be sure your surgeon and your Pre-Admission Testing nurse know about all the medications you take at home. This includes prescription and non-prescription medicines, vitamins, herbs, and supplements.

IF YOU HAVE A STENT...and are taking medicine to prevent blood clots such as aspirin, Plavix (clopidogrel), Effient (prasugrel), or Brilinta (ticagrelor), **do not stop** taking these medications unless you are specifically told by your **cardiologist** that this change is safe for you.

ANTIPLATELET MEDICATIONS Please check with your prescribing physician if you need to stop antiplatelet medications such as aspirin (including baby aspirin), Plavix (clopidogrel), Persantine, or Ticlid prior to your colonoscopy.

ASPIRIN, ARTHRITIS MEDICATIONS, FISH OIL, VITAMIN E AND BLOOD THINNERS

Aspirin, arthritis medications, fish oil, vitamin E and blood thinners such as Coumadin (warfarin), Heparin, Fish Oil (omega-3), Xarelto, Lovenox, or Eliquis (apixaban), should not be taken **7 days** prior to your procedure unless your physician directs you otherwise.

NSAIDs Do not take **NSAIDs (non-steroidal anti-inflammatory drugs)** such as Motrin, Advil, Naprosyn, Celebrex, Aleve, etc., for **7 days** prior to your procedure. If you are unsure whether something you take is an NSAID, ask your doctor or pharmacist.

DIABETIC MEDICATIONS Insulin and other medications used to treat diabetes should be reduced by half the day before your procedure, and **should not be taken at all** the day of your procedure. We will be checking your blood sugar on admission and treating it as ordered by your physician.

BLOOD PRESSURE MEDICATIONS You will need to take your blood pressure medication as routinely prescribed unless your physician indicates otherwise.

DAY OF YOUR PROCEDURE

ENSURING YOUR SAFETY

Shortly after you arrive, you will change into a gown and remove jewelry, glasses, contacts, dentures, etc. An identification band will be placed on your wrist to ensure your safety. Staff members will repeatedly ask you your name and date of birth. Although this process may seem bothersome, it is for your own safety.

PREPARING YOU FOR YOUR PROCEDURE

- Prior to your procedure, an IV will be started, your temperature and blood pressure will be taken, and consents for treatment will be signed.
- If you are receiving monitored anesthesia care, you will be seen by an anesthesiologist prior to your colonoscopy. Any additional blood work may be drawn at that time, if necessary.
- After these tasks are completed, you will be taken to the procedure room at your scheduled time.
- **Please understand that the procedure time you were given is the scheduled time to start, however there are many factors that might affect your colonoscopy time. We ask that you arrive 60 minutes prior to your procedure time.**

DISCHARGE

You will be discharged from our unit when you are able to take fluids, get yourself dressed, and walk with minimal assistance. You will be given discharge guidelines and instructions from our Endoscopy staff prior to leaving our unit.

We take our commitment to quality seriously. If you have a concern, please bring it to our attention so we can address it as soon as possible.



SCHNECK

411 West Tipton Street • Seymour, Indiana 47274

MED & ALLERGY LIST: PLEASE BRING TO YOUR APPT.

ALLERGIES: _____

MEDICATION

DOSE

FREQUENCY