

PATIENT INSTRUCTIONS

COLONOSCOPY/GASTROSCOPY with SUPREP

Patient: _____ Appointment Date: _____

Arrival Time: _____ am/pm Provider: _____

Additional Instructions: _____

What is a Colonoscopy?

A colonoscopy enables your physician to examine the lining of your colon (large intestine) for abnormalities by inserting a flexible tube into the rectum and colon. This allows the physician to get a close-up view of the inside of your colon. Any lesions or abnormalities, such as polyps, which are too small to be seen on X-ray, can be removed and biopsied.

What can I expect during a Colonoscopy?

A colonoscopy is generally well tolerated. You may feel pressure, bloating or cramping during the procedure. You will receive medication to make the procedure more comfortable. You will be positioned on your left side and may be asked to turn during the procedure. Our highest priority is performing the most careful and safest possible examination for each and every patient. **Although we strive to remain on schedule, please understand that some procedures take longer than others. We ask for your patience and that you allow 3-4 hours for check in, procedure and recovery.**

What are polyps and why are they removed?

Polyps are abnormal growths in the colon lining that are usually benign (non-cancerous). They vary in size from a tiny dot to several inches. Your physician can't always tell a benign polyp from a malignant (cancerous) polyp by its outer appearance, so the polyp is sent in for examination. Colon cancer begins in polyps and removing them is an important means of preventing colorectal cancer. Polyps are removed during the exam by the physician.

What are the possible complications of a Colonoscopy?

A colonoscopy is a safe procedure, with serious complications occurring less than 1% of the time. One possible complication is a perforation, or tear, through the bowel wall that could require surgery. Bleeding might occur at the site of biopsy or polyp removal, but it is usually minor. Another complication could be reactions to medicine. Although complications after a colonoscopy are uncommon, it's important to recognize early signs of possible complications. You will be given written discharge instructions after your colonoscopy.

What is a Gastroscopy (upper endoscopy)?

A gastroscopy enables your doctor to examine the esophagus, stomach, and duodenum (first part of the small bowel) with a flexible instrument. It is useful in looking for sources of bleeding, pain, or abnormalities seen on x-ray.

What can I expect during a Gastroscopy?

Efforts are made to keep you comfortable. You will need to be positioned on your left side. Some gagging may occur so the throat may be numbed with a spray. A mild sedative is often used to help relax you.

What preparation is required?

The stomach should be completely empty to allow the physician a good view. If the stomach isn't empty, the procedure may have to be rescheduled.

What are the possible complications of a Gastroscopy?

Complications are rare but can occur. Whenever foreign bodies or polyps are removed, there is chance of bleeding and/or perforation. Other complications which can occur are aspiration, cardiac arrhythmia, fainting, and reactions to medications. A slightly irritated throat is not uncommon. Overall, this is a very safe and valuable procedure. You will be given written discharge instructions after your gastroscopy.

Advance Directives:

If you have an Advance Directive bring a copy with you. If you have a "do not resuscitate" Advance Directive, Mankato Clinic Endoscopy Center honors the Directive on a **limited** basis; Mankato Clinic Endoscopy Center staff, under the direction of the physician, will aggressively treat and transfer you to the Mayo Clinic Health System Mankato hospital in the event of deterioration. If you bring a copy of your Advance Directive it will be transferred with you. The Mankato Clinic Endoscopy Center declines to implement elements of the Advance Directive on the basis of conscience or any other reasons permitted under the State Law.

Your body loses significant amounts of fluid during bowel preparation. In order to prevent dehydration, it is important to supplement that fluid loss with clear liquids. Make a conscious effort to drink as much as you can before, during, and after the colonoscopy prep.

Prepare Yourself	7 Days Before	5 Days Before	1 Day Before	Day of Procedure
<ul style="list-style-type: none">● You are scheduled for a sedated procedure. Do not drive or operate machinery for 12 hours after. A responsible driver must accompany you to the clinic and remain in the waiting room during the procedure and recovery period. We recommend that someone remain with you for 12 hours after you are discharged. You are not allowed to take a taxi, bus, or walk home.● Bring a list of current prescription and over-the-counter medications and herbal supplements. Include dosage and number of times taken each day.● If you are diabetic, you may need to check your blood sugar more often. If you have a prescription inhaler at home, please bring this along with you to your appointment.● Bring a list of known allergies to food, medication, or latex.● Bring a list of medical conditions and surgical history.● Wear short sleeved shirt and loose-fitting, comfortable clothing.● Also, please inform your healthcare provider if you are or may be pregnant. <				

