



## How to prepare for your appointment

The following tips will help you properly prepare for your endoscopy procedure and make your visit to our Endoscopy Department as pleasant and brief as possible. Following these directions will help us ensure your procedure will not be delayed or cancelled.

Please note that we strive to stay on time with all patient appointments however, emergencies within the hospital that require our urgent attention do occur and as a result, your expected procedure time can be delayed.

### 1. Complete your bowel preparation

It is very important that you completely finish the bowel preparation that your doctor ordered. We can see your bowels better when the preparation is completed. If you have any questions or concerns about your bowel preparation, please call your doctor or talk to your pharmacist. See our resources for 'Hints for a Successful Bowel Preparation'.

### 2. Organize a ride home

You will be receiving medication to make you sleep (sedation) during the procedure. This medication takes time to wear off so you will not be able to drive for 8 hours after the procedure is done. You must arrange to have someone come to the Endoscopy Department to pick you up and drive you home.

The person bringing you to the hospital can park in the '15 minute parking zone' and walk with you to the Endoscopy Unit on the main level. We will phone your ride 30-45 minutes before you are ready to go home. The person picking you up **must** come to the Endoscopy Department to take you home.

### 3. Bring a list of your medications

We need to know all the medications you take including all supplements and herbal medicines.



#### **4. Ensure you complete your medical history prior to arrival**

In preparation for your procedure, you will be asked about any medical conditions and dates of surgeries that you have had. We will also ask you what type of endoscopy procedure you are booked for and why you are having it done.

#### **5. Bring an interpreter with you if you do not speak or read English**

If you have difficulty with speaking or reading English, please bring someone with you to interpret. This will help us get the important information that we need before your procedure.

#### **6. Bring a case for your personal belongings**

If you wear dentures or eyeglasses, bring a case labeled with your name for these items. If possible leave all valuables and cell phones/tablets at home.

### **What to expect**

When you come to the front desk, you will be checked in at the front desk where we will review your paperwork and ask you if you have any allergies. From the waiting room you can expect the following during your visit:

- A nurse will bring you to a private room where you will change into a gown and your belongings will be placed in a secure locker.
- A nurse will obtain your weight and height, take your blood pressure, pulse and temperature and ask you questions about your medical history.
- You will be asked to review and sign a consent form. If you have any questions about the consent form, you will have an opportunity to speak to your physician before your procedure begins.
- A nurse will start an intravenous needle in your arm or hand in the endoscopy preparation room.
- Once ready, a nurse will walk you into the procedure room and you will be asked to lie on a stretcher where you will meet and speak to your medical team.
- You will be given sedation through your intravenous needle during your procedure to make you as comfortable as possible. Your blood pressure and pulse will be checked several times during the procedure.
- Once your procedure is done, your ride will be notified to come pick you up in 30-45 minutes.



As a commitment to patient safety you can expect that we will check your identification several times throughout your visit including, before any treatment, procedure or specimen collection.

### After the procedure

Once you are awake from your sedation, the nurse will provide you with information about your procedure as well as instructions for follow-up. After you have received sedation, please note the following:

- You may feel sleepy so it is important to rest for the remainder of the day.
- For 8 hours following your procedure you are considered legally impaired so do not engage in any major decision making, drive a vehicle or operate any machinery.
- If you have sleep apnea and use a CPAP or BiPAP machine, you should wear this device in any setting where you may fall asleep within 24 hours following your procedure.

Your medical team will advise you if you should make any dietary or medication changes following your procedure. If you had biopsies taken or polyps removed during your procedure, you might notice a small amount of blood in your bowel movements over the next two weeks.

Complications can occur after your procedure. You should seek medical help if the following occurs:

- Fever or chills that continue for more than 24 hours
- Abdominal pain which is constant, severe or if your belly is hard
- Unable to pass flatulence
- Nausea or persistent vomiting
- Rectal bleeding
- Pain or redness at the site where the intravenous was placed

**Because complications can occur, travel is not recommended for 2 weeks following your procedure.**