



45A Discovery Way, Acton MA 01720 | Phone: 978-429-2000 | Fax: 978-264-1935 | middlesexdigestive.com

What To Expect For Your Colonoscopy Procedure

BEFORE YOUR PROCEDURE

Obtaining your prep: Your preparation should be called in to your pharmacy 2 weeks prior to your appointment. If you are having any difficulty obtaining your prep from the pharmacy, please call 978 429 2000. You should be picking up the Sutab prep kit and Zofran (ondansetron). If you are prone to constipation, please purchase OTC ducolax tablets (3).

Preparation: Time-sensitive instructions included regarding prepping for colonoscopy. (Must read at least 5 days prior).

Pre-procedure Questionnaire: We are in the process of implementing an electronic intake system. You may receive an email or text asking you to submit your personal information, health history and medications. If you complete this electronically you do not need to fill out the pre-procedure medical form in this packet.

AT YOUR PROCEDURE (Average Total Time at Center 1.5-2.5 Hours)

Check-In: Please arrive 30 min before your procedure time. We will verify personal and insurance information (please bring license and insurance card). We will have you sign facility consents and provide name/number for your ride home.

Pre-Procedure: A nurse will review medical history, current medications, record vital signs and have you change. (A shirt with a sleeve that can roll up above the elbow can remain on.) An intravenous (IV) catheter will be placed for hydration, anesthesia and other medications as needed. You will discuss the procedure risks/benefits and sign consents for the anesthesiologist and the gastroenterologist.

Complications from this procedure are rare. There are slight risks such as bleeding, tearing a small hole in the intestine, or inflammation of the vein used for the IV medication. Your doctor will explain these and other risks in full and answer any questions you may have before consents are signed.

Procedure: In the procedure room, monitors and oxygen will be set up. The anesthesia provider will administer the medication through the IV once the team is ready to begin. The medication most commonly used is called propofol and causes a light sleep. You are unaware of the procedure but breathing on your own.

During a colonoscopy, a scope is introduced into the rectum and moved throughout the large intestine (colon). Your doctor will examine your colon looking for anything of concern, take biopsies, and/or remove polyps as needed. Please note that most polyps found are not cancerous. The average procedure time is 20 minutes.

Recovery: Your ride will be notified to arrive. Vital signs will be monitored as you wake up in the recovery area. The procedure may cause cramping/bloating so gas may need to be passed during this time. Once stable, your IV will be removed and then you can get dressed. You will be offered water to drink. You will receive verbal and written discharge instructions and your doctor will review your exam with you before you leave. No driving, drinking alcohol, or recreational drug use on the day of your procedure for safety and anesthesia purposes. Average recovery time is 30 minutes. **Please arrange a ride home. Due to the effects of anesthesia, you cannot drive yourself home and cannot take a taxi, uber/lyft, etc. unless accompanied by a responsible adult. Your ride should be readily available at all times. Facility closes by 3:30pm.**

Valuables are not the responsibility of the Center

Patients are encouraged to leave all valuables at home to avoid the possibility of loss or theft. Valuables including jewelry, money, cell phones, computers, dentures, hearing aids, etc.

Please visit our website www.middlesexdigestive.com for more information, as well as directions our facility.

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