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**PLEASE READ IMMEDIATELY UPON RECEIPT**

**COLONOSCOPY**

You are scheduled for a colonoscopy, and the enclosed material contains all of the information you will need to prepare for this test. Instructions to help you find the proper area in the hospital or surgery center where the test will be performed are also included. **Please read and follow all of the enclosed instructions carefully.**

**Colonoscopy** is a procedure used to examine, diagnose, and treat many diseases of the large intestine. The colonoscope is a long, thin, flexible instrument (“scope”) which can actually “see” into the large intestine. In order for a satisfactory examination to be performed, the preparation is very important. (see “How to Prepare for the Exam.”)

During the course of the colonoscopy a polyp may be found. Polyps are abnormal growths of tissue which vary in size from a tiny spot to several inches. Most polyps can be removed during colonoscopy using a wire loop or “pincer” instrument that is passed through the scope. Patients do not feel any pain during the removal of a polyp. It is important to have polyps removed, because they can contain cancer or develop cancer. The vast majority of polyps are benign (non-cancerous.)

Other diseases may cause changes in the lining of the large intestine and sampling tiny pieces by biopsy is also possible at the time of the colonoscopy. Biopsies sometimes help the physician diagnose conditions that then can be treated with appropriate medications.

Colonoscopy is performed in private suites in the Gastrointestinal Procedures Unit while you are lying down on a procedure table. An intravenous line will be started for the administration of sedation. Monitoring equipment will be used to monitor your blood pressure and pulse. You may also be given nasal oxygen through a small plastic tube. You may experience some crampy discomfort as the “scope” is advanced through your colon. Occasionally, the colonoscope cannot be passed through the entire length of the colon secondary to anatomic variations. After the colonoscopy you will be kept in the endoscopy area until the effects of your medication have worn off. You may feel bloated or have some crampy discomfort for a few minutes after the procedure because of the air that was introduced during the exam.

**PLEASE NOTE: It is our office policy to charge a cancellation fee of \$100 for all missed procedures or those procedures not cancelled with our office 3 business days before scheduled time.**

**\*\*\*CONTINUED ON REVERSE\*\*\***

## INSTRUCTIONS ON THE DAY OF YOUR EXAM WITH SEDATION

You will be receiving conscious sedation which will be administered by the physician performing the procedure.

Your procedure is scheduled on \_\_\_\_\_ at \_\_\_\_\_

Please arrive at the hospital/surgery center at \_\_\_\_\_

### \_\_\_\_\_ St. Clair Memorial Hospital Procedures:

Arrive at the hospital one hour **prior** to the time of your scheduled procedure. Register in the Endoscopy Lab, 3<sup>rd</sup> floor, St. Clair Hospital. You may reach the Endoscopy Lab by going in the Main Entrance of the hospital (4<sup>th</sup> floor lobby) and taking the elevators to the 3<sup>rd</sup> floor. Make a right turn out of the elevators and follow the hallway to the Endoscopy Suite.

**HOSPITAL POLICY REQUIRES THAT YOU BRING WITH YOU AN ACCURATE LIST OF YOUR CURRENT MEDICATIONS and A PHOTO ID.**

### \_\_\_\_\_ UPMC South Surgery Center:

Arrive at the surgery center one hour **prior** to the time of your scheduled procedure. The surgery center is located on the lower level of UPMC South Hills building (see enclosed map). If entering on the lower level, the surgery center is on the right once you enter the doors. Please register there.

All procedures performed at UPMC require sedation by an anesthesiologist. There is an additional professional fee that will be billed by their Anesthesia Department.

**BRING A COMPANION.** It is **essential** that **someone accompany** you on the day of your procedure. Since sedation medication causes forgetfulness, your companion should stay at the hospital/surgery center during your procedure and be available after the procedure to listen as the physician speaks to you. You should not drive, operate equipment (lawnmowers, power tools, appliances such as a stove, etc.), make important decisions, or consume alcoholic beverages for **24 hours after the test**, as you may be sleepy or may have altered reflexes from the medications given to you prior to the procedure.

**Hospital and Surgery Center policy for sedated patients** states that you must have an adult available to you for 24 hours following the procedure. Before leaving the hospital/surgery center you will be asked if an adult will be with you for 24 hours before being released.

If you are using a taxi or Access transportation, a responsible adult **must** accompany you. Public bus transportation following a procedure is not acceptable.

**Results:** Immediately after completing the examination, the physician will discuss the findings with you and make recommendations for follow-up. Your referring physician will be sent a report.

**Questions:** If you have any questions, please call our office as soon as possible during regular office hours so that we may assist you.

**NOTE:** Please bring patient history form with you to the hospital or surgery center if you received one in the mail. Also, please bring your insurance cards and a list of your medications.