

Preparing for Your Endoscopy Procedure



Thank you for choosing to have your procedure at Aultman. We are dedicated to getting you ready for your endoscopy procedure and making you as comfortable as possible.

About this book:

1. Bring this book to your pretesting appointment if you have one.
2. Read and understand this information before arriving for your endoscopy procedure.
3. Use the spaces to write down any questions you may have.
4. If you have any questions, call your endoscopy physician's office.

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BEFORE YOUR ENDOSCOPY PROCEDURE

PRE-PROCEDURE REGISTRATION

Surgery scheduling staff will call you a few days before your procedure to gather your information. This pre-registration information is required for an accurate medical record and proper billing. You will be asked for the following information:

- Patient's name, address and phone number.
- Patient's Social Security number.
- Employer information.
- Health insurance information.
- Emergency contact information.

NOTE: Children and other patients who cannot sign legal documents must have their legal guardian or durable power of attorney for health care accompany them to their endoscopy procedure. Make sure you bring appropriate legal documents.

PRE-PROCEDURE APPOINTMENTS AND NURSE PHONE CALLS

Some people require tests before their endoscopy procedure. Your doctor will decide what tests you need. If you have certain health issues or have ever had trouble with anesthesia, your doctor will schedule a pre-testing appointment for you at the hospital. If you are not ordered a pre-testing appointment, you will receive a phone call from a nurse to review your medical and surgical history prior to your endoscopy procedure date.

Please bring the following to your pre-testing appointment:

- All of your medications in their original containers, including vitamins and herbal products, or a list of everything you are taking.
- A list of prior procedures.
- A list of the special doctors you see and what they treat you for.
- Any implant cards you may have for surgical implants (i.e. defibrillators, stents, pacemakers).
- If you had an EKG or chest X-ray in the past six months somewhere other than an Aultman facility, please have the results faxed to Aultman Pre-testing Department at 330-438-9809 before your pre-testing appointment.

NOTE: Please have any ordered testing completed at least FIVE days before your endoscopy procedure date. For your convenience, these tests can be done at any Aultman location and no appointment is needed.

IMPORTANT PRE-PROCEDURE INSTRUCTIONS FOR **ALL** ENDOSCOPY PROCEDURES

NOTE: Please follow these instructions carefully. Your endoscopy procedure could be delayed or canceled if these important steps are not completed.

- Stop taking herbal and other supplements two weeks before your procedure.
- A nurse will contact you the day before your scheduled procedure to give you your procedure time information. The nurse will instruct you on which medications to take the morning of your procedure. These calls are made between 11 a.m. and 5 p.m. If your procedure falls on a Monday, the nurse will call you Friday.
- Make arrangements to have someone drive you to and from the hospital.
- Do not eat or drink (including ice or water) after midnight the night before your procedure.
- Do not chew gum or eat hard candy/mints/lozenges after midnight.
- Do not smoke after midnight the night before your procedure.
- Brush your teeth or rinse your mouth with a small amount of water, but do not swallow any fluid.
- Only take the medications you are told to take the morning of your procedure with a small sip (one ounce or less) of water.
- Wear comfortable clothes and do not wear jewelry, nail polish, hair pins, barrettes or body piercings. Please do not bring valuables with you.
- Bring ALL home medications with you the morning of your procedure. This includes prescriptions, over-the-counter medications, inhalers, eye drops, ointments/creams and any CPAP or BiPAP device you may use.
- Call your procedure doctor if you have a fever, cold or any changes in your health.
- If you need to reschedule your procedure, please contact your procedure doctor's office.

IMPORTANT PRE-PROCEDURE INSTRUCTIONS FOR **SPECIFIC** ENDOSCOPY PROCEDURES

- **Bronchoscopy:** An examination to view the inside of your trachea (windpipe) and lungs using a flexible scope. Often a biopsy (a tiny piece of tissue) is taken for microscopic examination. This should not cause you discomfort. Your doctor may order the test to be done with a constant X-ray called fluoroscopy. Please notify the procedure team if you believe you might be pregnant.
 - Follow the instructions for all Endoscopy Procedures (see page 3).
 - In addition, check with your procedure doctor for specific instructions if you are taking aspirin, anti-inflammatory drugs, insulin or anticoagulants (blood thinners).
- **Endoscopic Retrograde Cholangiopancreatography (ERCP):** An examination of the pancreatic duct and the common bile duct using a flexible scope and fluoroscopy (X-ray visualization). The pancreatic duct is the tube connecting the small intestine and the pancreas. The common bile duct is the connecting tube between the small intestine and the gall bladder. It is also possible to remove gallstones or other causes of pain or jaundice during this procedure or to place a stent (a small tubular support) to aid healing or relieve an obstruction. These interventions should not cause you discomfort.
 - Follow the instructions for all Endoscopy Procedures (see page 3).
 - In addition, check with your procedure doctor for specific instructions if you are taking aspirin, anti-inflammatory drugs, insulin or anticoagulants (blood thinners).
- **Esophagogastroduodenoscopy (EGD):** An examination of your esophagus (food pipe), stomach and duodenum (the first part of your small intestine) using a flexible scope. Often a biopsy (a tiny piece of tissue) is taken for microscopic examination. It is also possible to perform interventions to stop bleeding or help with difficult swallowing. These interventions should not cause you discomfort.
 - Follow the instructions for all Endoscopy Procedures (see page 3).
 - In addition, check with your procedure doctor for specific instructions if you are taking aspirin, anti-inflammatory drugs, insulin or anticoagulants (blood thinners).
- **Colonoscopy or Flexible Sigmoidoscopy:** An examination to view the inside of your colon (large intestine) using a flexible scope. It is also possible to remove a polyp during this procedure. Polyps are small growths inside the colon that are benign (non-cancerous) approximately 90 percent of the time.
 - Follow the instructions for all Endoscopy Procedures (see page 3).
 - One week before your procedure: Avoid eating seeds or nuts.
 - One to two days before your procedure:
 - Have a clear liquid diet only. Clear liquids include: Jell-o® (avoid red or orange), broth, tea, coffee, ginger ale, and any see-through liquid. (Avoid cream soups or cream in your tea and coffee because these liquids are not clear). Drink plenty of clear fluids to keep yourself hydrated.
 - Complete your bowel prep as instructed by your procedure doctor. Contact your doctor if you are unable to take the prep, or if you do not observe results.

PROCEDURE DAY

WHAT TO BRING TO THE HOSPITAL

- Valid identification card, insurance card and/or Medicare card.
- Any advance directive, such as your living will or durable power of attorney for healthcare, if you have one.
- Glasses and hearing aids so you can read and communicate. Bring cases for glasses, contact lenses and hearing aids since they will be removed before surgery.
- If you use portable oxygen at home, bring it with you.
- You may want to bring a book, magazine, digital music player with headphones or an electronic device (you can use the guest Wi-Fi services) to pass the time.

DAY OF PROCEDURE OVERVIEW

- **Same Day Surgery Unit:** You will have a private room and bathroom. You will be asked to change into a gown and slippers from the hospital. A nurse will get you ready for your endoscopy procedure, including starting an IV in a vein in your arm or hand. This IV is used to provide fluid and medications during your procedure. When it is time for your endoscopy procedure, you will be taken to a receiving area. Your companion will be instructed where to wait. The procedure physician will often speak with your companion after surgery.
- **Receiving Area:** You will be greeted in the receiving area by a nurse who will verify things such as your identity, allergies, procedure physician and procedure to be performed. You will meet your anesthesia team, as well as members of your procedure team, including your procedure physician, so that you may ask questions or clarify information. You may also overhear team members communicating information about your clinical status, including current condition and recent treatments. This communication is designed to ensure a strong link for your care and safety.
- **Anesthesia:** Anesthesia is provided by highly trained anesthesiologists and certified registered nurse anesthetists who will administer your anesthesia and closely monitor your response to the medications.
- **Procedure Room:** You will be wheeled to the procedure room in your bed where you will meet your endoscopy procedure nurses. These are registered nurses specially trained in assisting in endoscopy procedures. As an additional safety measure a Time Out will be performed, once again confirming your identity, allergies, procedure physician and scheduled procedure. The temperature is often kept on the cooler side in the procedure room so you will be offered warm blankets to keep you comfortable.
- **Recovery Room/Post-Anesthesia Care Unit (PACU):** Most patients are taken to the recovery room (PACU) once your procedure is complete. You will be closely observed by specially trained nurses who will monitor you for at least 30 minutes, depending on how you respond to your procedure and anesthesia.

PROCEDURE DAY

HOW TO MANAGE MY PAIN

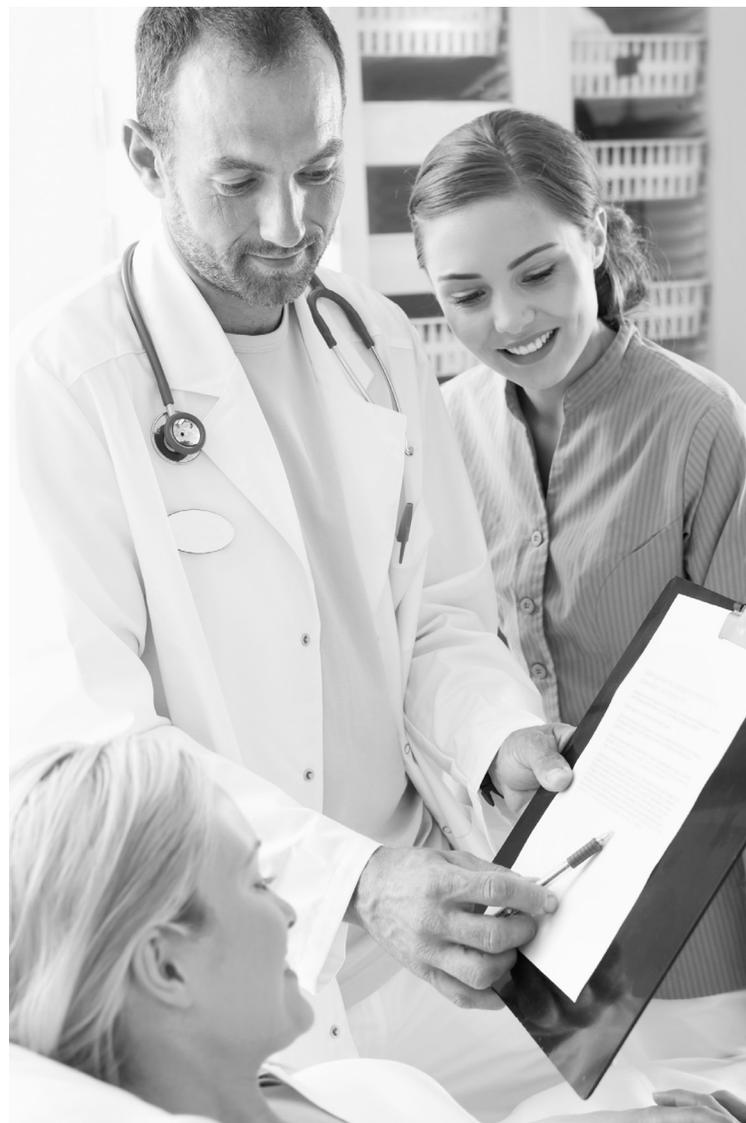
Most endoscopy procedures do not cause pain, but if you do experience pain, managing it is important to us. Being completely pain free is not always possible, but we want to keep your pain at a tolerable level. Tell your care team concerns you may have about your pain management plan.

Tell your care team when you feel pain.

1. Describe it (use words like dull, aching, sharp, throbbing, burning, cramping, shooting, etc.).
2. Rate it on the 0-10 scale (with 0 being no pain and 10 being the worst pain).
3. Locate it -- where is your pain and does it spread to any other area of your body?
4. What makes your pain better or worse?

Pain Management Tips

- If you had a gastrointestinal endoscopy procedure you may feel bloated or have some abdominal cramps. You will be encouraged to change positions and try to pass gas to get rid of these symptoms.



GOING HOME/DISCHARGE

At discharge you will be given written and verbal instructions on your plan of care for when you are at home. Make sure you understand all of your instructions.

Please be aware that due to the anesthesia medications that you received:

- You may feel sleepy, clumsy and have poor balance for many hours, so you should spend the day resting quietly at home.
- You should not drive or make important decisions for at least 24 hours.
- You should not drink alcohol, take sleeping pills or take medications that cause drowsiness for at least 24 hours.
- If you smoke, do not smoke without someone being with you.
- You may have some nausea/vomiting, especially if you eat too soon after your procedure. If you vomit, drink water, juice or soup when the nausea has stopped. Make sure that you have little or no nausea before eating solid foods.
- You may resume normal activities 24 hours after you were given anesthesia as long as you feel okay.

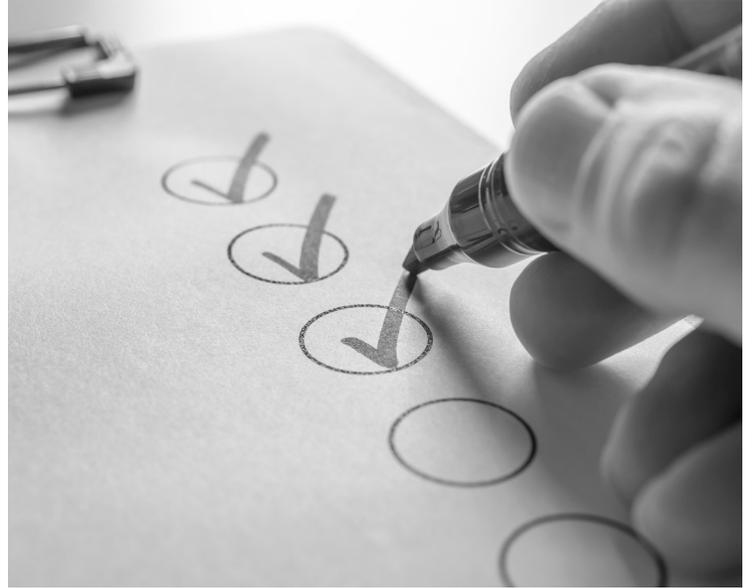
Home-going instructions will include:

- Serious signs and symptoms to look for once you get home, what to do if you have them and who to call if you have a concern.
- Follow-up appointments.



MY PRE-PROCEDURE CHECKLIST:

- I have a family member or friend to be my companion and drive me to and from the hospital.
- My procedure physician has talked to me about my endoscopy procedure and what to expect.
- I know what to bring to the hospital.
- I know what I need to do before my endoscopy procedure.
- I know what to do and not do after my endoscopy procedure.



My list of what to bring to the hospital:

My questions for the anesthesia and/or procedure team:

DIRECTIONS AND PARKING

Directions from the North (Akron): Take I-77 South to Exit 105 (Tuscarawas Street exit). Go STRAIGHT onto Harrison Ave SW. Turn RIGHT onto 7th Street SW and follow to the Aultman parking deck which will be on your LEFT. If dropping the patient off in the 7th Street Circle/Valet area, this is just past the parking deck entrance on your RIGHT.

Directions from the South (Dover): Take I-77 North to Exit 105 (Tuscarawas Street exit). Turn LEFT on Tuscarawas Street. Turn LEFT onto Harrison Ave SW. Turn RIGHT onto 7th Street SW and follow to the Aultman parking deck which will be on your LEFT. If dropping the patient off in the 7th Street Circle/Valet area, this is just past the parking deck entrance on your RIGHT.

Directions from the East (Alliance): Take US Route 62 West to I-77 South. Take Exit 105 (Tuscarawas Street exit). Go STRAIGHT onto Harrison Ave SW. Turn RIGHT onto 7th Street SW and follow to the Aultman parking deck which will be on your LEFT. If dropping the patient off in the 7th Street Circle/Valet area, this is just past the parking deck entrance on your RIGHT.

Directions from the West (Massillon): Take US Route 30 East to the Harrison Ave/ Navarre Rd. Exit. Turn LEFT onto Harrison Ave SW. Turn LEFT onto 7th Street SW and follow to the Aultman parking deck which will be on your LEFT. If dropping the patient off in the 7th Street Circle/Valet area, this is just past the parking deck entrance on your RIGHT.

Parking: The closest place to park is in the Seventh Street parking deck or in the Seventh Street valet (if available). Upon arrival to Aultman, you can conveniently drop off the patient at the Seventh Street Circle. You may park in the parking deck or use the valet parking (if available) for free on your procedure day.

Pre-testing Department and Same Day Surgery: The Pre-testing Department and Same Day Surgery are located on the first floor (lobby level) of the main hospital just inside of the Seventh Street entrance. As soon as you enter the Seventh Street entrance, turn RIGHT.

Post-procedure Survey: Your satisfaction is important to us, and your feedback helps us continuously improve. After your procedure you may get a survey in the mail or on your smartphone. If you do, please complete it and let us know about your Aultman experience.

Important Phone Numbers:

- Same Day Surgery
330-363-5003
- Pre-testing Department
330-363-2376
Monday-Friday from
7:30 a.m. – 4:30 p.m.
- Surgery Scheduling
(for pre-registration)
330-363-6318
Monday-Friday from
8 a.m. – 4 p.m.