

## UPPER ENDOSCOPY WITH FLEXIBLE SIGMOIDOSCOPY PREP

Purchase the following supplies at your local pharmacy:

### 2 – FLEET Saline Enemas

**PREPARATION FOR UPPER ENDOSCOPY AND FLEXIBLE SIGMOIDOSCOPY** - For your safety, **STOP** consuming all liquids and nothing by mouth 3 hours prior to your procedure or your procedure will be cancelled and rescheduled. Please follow detailed instructions below.

#### **Cancel or Reschedule Your Appointment:**

If you develop COVID-19, are exposed to COVID-19 or have COVID-19 like symptoms at any point after you schedule this appointment, please call our office to determine if it is okay to proceed with your visit. COVID-19 guidelines for health care facilities may differ from community guidelines. In addition, if you are having flu-like symptoms (such as fever, cough, shortness of breath) within 14 days of your appointment, please call to reschedule. If you have any newly diagnosed medical condition (like diverticulitis, heart problems, breathing problems), please call our office. If you need to cancel or reschedule for any other reason, call 612-871-1145 at least 72 hours prior to your appointment.

#### **Transportation:**

You must arrange for a responsible person to escort you to your procedure. A taxi ride is not an option unless you are accompanied by a responsible person. If you fail to arrange transportation with a responsible person, your procedure will be canceled and rescheduled. Depending on COVID-19 transmission, your driver may or may not be able to join before and after the procedure.

#### **The night before your procedure:**

- Stop eating solid foods and begin clear liquid diet at **11:45pm**. Clear liquids include things you can see through.
  - Examples of a clear liquid diet include: water, clear broth or bouillon (gluten free options available), Gatorade, Pedialyte or Powerade, carbonated and non-carbonated soft drinks (Sprite, 7-Up, Gingerale), strained fruit juices without pulp (apple, white grape, white cranberry), Jell-O, popsicles, and up to one cup of black coffee or tea (no milk or cream) each day.
  - The following are not allowed on a clear liquid diet: red liquids, alcoholic beverages, dairy products, protein shakes, cream broths, juice with pulp, products containing oil and chewing tobacco.
  - For additional details on following a clear liquid diet, please see <https://www.mngi.com/conditions/clear-liquid-diet>

#### **Day of your test:**

Continue the Clear Liquid Diet up to **3 hours prior to your procedure**, then stop drinking. Avoid red liquids, alcoholic beverages, dairy products, protein shakes, cream broths, juice with pulp, products

containing oil, chewing tobacco and illicit drugs. Use of these will result in your procedure being cancelled.

Morning Medications: You may take all of your morning medications including blood pressure medications, blood thinners (if you have not been instructed to stop these by our office), methadone, and anti-seizure medications with sips of water **3 hours prior to your procedure** or earlier. Do not take any chewable vitamins or supplements. If you have diabetes, contact your monitoring provider for further direction on insulin and/or blood sugar management.

- **3 hours prior to your procedure time** (Example: 4:30am for a 7:30am procedure):
  - STOP consuming all clear liquids.
  - Do not take anything by mouth during this time.
- **1 ½ hours before leaving for your procedure:**
  - Rectally administer the 1<sup>st</sup> Fleet enema
- **1 hour before leaving for your procedure:**
  - Rectally administer the 2<sup>nd</sup> Fleet enema

**Bring the following to your procedure:**

- Insurance Card / Photo ID
- List of Current Medications including over-the-counter medications and supplements
- Bring your rescue inhaler if you currently use one to control asthma
- Bring contact lens supplies as you will be asked to remove contact lenses prior to the start of your procedure
- Advance Directives: If you have an Advance Directive, please bring a copy of your Advance Directive with you to your endoscopy appointment. Advance Directives are not honored at MNGI facilities, and in the event of a life-threatening situation, life support measures will be instituted in every instance and our patients will be transported to a higher level of care facility (i.e., hospital). In the unlikely event that you require an emergency transfer to a higher level of care facility, your Advance Directive should accompany you to that facility.

## **DESCRIPTION OF UPPER ENDOSCOPY**

### **What is an upper endoscopy?**

An upper endoscopy is a procedure performed to evaluate symptoms of upper abdominal pain, bleeding, nausea, vomiting or difficulty swallowing. During the procedure, the physician examines the lining of your esophagus, stomach and the first part of your small intestine through a thin, flexible tube called an endoscope. If growths or other abnormalities are found, the physician may remove the abnormal tissue for further examination, or biopsy. If you have difficulty swallowing, it may be possible for the area to be expanded during the procedure.

### **What happens during an upper endoscopy?**

Plan to spend up to 2 hours at the endoscopy center the day of your procedure. The procedure itself takes about 15 minutes to complete.

### **Before the procedure:**

Your medical history will be reviewed with you by your health care team including a nurse, your gastroenterology physician and an anesthesia provider. An IV line will be placed.

### **During the procedure:**

During your procedure, the anesthesia provider will administer medications and monitor vital signs which is a process known as Monitored Anesthesia Care (MAC). While most patients sleep through the procedure, some remain awake and aware. The anesthesiologist and/or certified registered nurse anesthetist (CRNA) will help determine the appropriate type of drug to be used during the procedure to keep you safe and comfortable.

### **What happens after the procedure?**

The physician will talk with you about the initial results of your procedure and will prepare a full report for the healthcare provider who referred you for your upper endoscopy. You may have some bloating after the procedure which is normal. Your throat may feel sore for a short time. Any tissue samples or polyps removed during the procedure will be sent to a lab for evaluation. It may take 5-7 working days for you to be notified of the results by mail or through the Patient Portal.

You may resume most of your regular activities the day after the procedure. However, medication given during the procedure will prohibit you from driving for the rest of the day. You may resume your normal diet, but alcohol should be avoided until the next day after your procedure.

### **Are there possible complications from an upper endoscopy?**

Although serious complications are rare, any medical procedure has the potential for risks. Risks from an upper endoscopy include perforation, or a tear, of the lining of the stomach or esophagus, bleeding from a biopsy site, reactions to medications, heart and lung problems, and dental or eye injuries.

## **DESCRIPTION OF FLEXIBLE SIGMOIDOSCOPY**

### **What is flexible sigmoidoscopy?**

Flexible sigmoidoscopy is a procedure that allows your physician to examine the lining of the rectum and a portion of the colon for abnormal growths or tissue. During this procedure, the doctor inserts a flexible, hollow tube called a sigmoidoscope into the anus and advances it slowly into the rectum and lower colon. If abnormal tissue is found, the doctor may remove a sample for further examination or biopsy.

### **What should I expect during a flexible sigmoidoscopy?**

Plan to spend up to 1½ hours at the endoscopy center the day of your procedure. The procedure itself takes from 5 to 15 minutes to complete. Pain medication and/or sedatives are not generally needed for this procedure.

### **Before the Procedure:**

Your medical history will be reviewed with you by your health care team including a nurse and your gastroenterology physician.

### **During the Procedure:**

If abnormal tissue or polyps are found, the physician may remove them through the scope for closer examination or biopsy.

### **What should I expect after a flexible sigmoidoscopy?**

The physician will talk with you about the initial results of your procedure and will prepare a full report for the healthcare provider who referred you for the procedure. You may have some cramping or bloating after the procedure which is normal and should disappear quickly by passing gas. Any tissue samples or polyps removed during the procedure will be sent to a lab for evaluation. It may take 5-7 working days for you to be notified of the results by mail or through the Patient Portal.

### **What are the possible complications with flexible sigmoidoscopy?**

Although serious complications are rare, any medical procedure has the potential for risks. Risks from the procedure include perforation, or a tear through the lining of the colon, bleeding from a biopsy site, heart and lung problems, and eye injuries.

Results from any testing will be sent via mail or the Patient Portal.