

Patient Procedure FAQ

Preparing for Your Procedure

Arrival: Please plan to arrive **45 minutes before** your scheduled procedure time. Your arrival time is noted in your procedure information document, which you can find on your patient portal.

Your visit with MNGI Digestive Health is coming soon, and we are looking forward to seeing you! This is a friendly reminder to review your appointment information to make sure your visit goes smoothly and meets your expectations. If your visit includes any testing, the results will be sent via the MNGI Patient Portal. At MNGI Digestive Health, our goal is to provide you with a great patient experience and to deliver friendly, honest, and professional care to every patient.

You are scheduled for the following:

Procedure: Colonoscopy
Date: Monday, November 3, 2025
Arrival Time: 07:15 AM
Procedure Time: 08:00 AM
Provider: Patel MD, ~~Suhag~~
Location: Maple Grove MNGI Endoscopy Center
10150 Niagara Lane N Ste 200
Maple Grove, MN 55369

Responsible Person: You must have a **responsible person** with you on the day of your procedure. They should stay on-site and be available to take you home after your procedure.

- You will not be able to drive for 12 hours following your procedure, and will need to arrange someone to take you home.
- It's okay to take an Uber or Taxi, but only if a **responsible person** is with you at check-in, stays available during your procedure, and accompanies you home.
- If your responsible person is under 18 years old, they need to be at least 16 years old and have a valid driver's license. A learner's permit is not an allowed alternative.

Medications:

- Blood thinners and GLP-1/SGLT-2 medications may need to be held prior to your procedure. Please see your prep instructions for additional information and call our office if you have questions.
- Do **not** take chewable vitamins or supplements the day of your procedure.
- All other daily medications (such as blood pressure, pain medications/narcotics, seizure medications, etc.) may be taken up until **3 hours before** your procedure (**6 hours** if you are having an EUS, EMR, ERCP, ESD, POEM or an EGD w/ double balloon procedure).

CBD, Marijuana, Smoking:

- Do not use marijuana/THC the day of your procedure.
- Do not use CBD oil while on a clear liquid diet (your procedure will be cancelled). Other forms are allowed as long as you follow prep/NPO rules.
- It is best not to smoke on the day of your procedure to prevent irritation to your airway. Nicotine patches can be used, but you may be asked to remove prior to the procedure.

New cough or health problem

- Please call us at **612-871-1145 at least 72 hours before your appointment** if:
 - You develop flu-like symptoms or COVID-19 symptoms.
 - You recently started a blood thinner or developed a new condition (like heart, breathing, or stomach problems).

At the Endoscopy Center

1. **Check-in:** You'll check in at the front desk.
2. **Admitting:** A nurse will:
 - Give you a locker or bag for your belongings.
 - Ask you to change into a gown.
 - Review your medical history.
 - Take your vital signs.
 - Place an IV in your hand or arm.
3. **Meet your care team:** You will have the opportunity to speak with an anesthesia provider and the GI physician before your procedure to ask questions and discuss any concerns you may have. Together, you'll come up with a plan that keeps you safe and comfortable. You'll also review and sign your consent form.
4. **Procedure:**
 - You'll lie on your **left side**.
 - Your vital signs will be checked again.
 - Your team will perform a **safety check** before anesthesia is given.
 - Procedures usually take between **20-40 minutes**.
5. **Recovery:**
 - You will rest in the recovery room for **about 30 minutes**.
 - Your driver will be notified when you are ready. If you want your responsible person present for results, let your care team know.

After Your Procedure

- **Diet and activity:**
 - You may return to your **normal diet the same day**.
 - You may return to **normal activity the next day**.
- **Restrictions:**
 - Do not drive, use machinery, or return to work until the next day.
 - Avoid air travel for 24 hours.
- **What's normal:**
 - Some **cramping or bloating** (this should pass quickly).
 - **Stool changes** — your bowel movements may not return to normal for **3–5 days**.
 - Some people have **short-term memory loss** from anesthesia. It's helpful to have another adult at discharge to hear instructions and take notes.
- **Results:**
 - Your physician will discuss **initial results** before you go home.
 - If tissue or polyps are removed, they will be sent to a lab. Pathology results take **10–14 business days**.
 - Results will be sent through your **Patient Portal** or by mail. If you don't receive results after 14 days, call **MNGI at 612-871-1145**.

What to Watch For

Call your doctor right away if you:

- Have a **fever above 101°F**.
- Have trouble breathing, wheezing, cough, or shortness of breath.
- Notice **redness or swelling at your IV site** that does not improve after using warm compresses.
- Have **more than a small amount of bleeding**.
- Develop **severe abdominal pain**.