

Lower GI Endoscopy (Colonoscopy or Flexible Sigmoidoscopy)

What is a lower GI endoscopy?

It is a special exam of your lower gastrointestinal (GI) tract. If you are having lower GI symptoms or an abnormal x-ray your family doctor may recommend a lower GI endoscopy in order to get a better look.

What is an endoscope?

An endoscope is a long, narrow, flexible tube with a strong light and a video camera. Your GI tract can then be viewed on a video screen.

Preparing for the procedure

You will be given instructions from your family doctor or the surgeon for how to prepare for your procedure.

- For your colonoscopy you will need to be on a clear liquid diet all day the day before your procedure.
- Laxatives will be prescribed for you to take the day before your procedure.
- You will need someone to drive you home the day of the procedure.

What to tell your healthcare provider

Be sure to tell your Healthcare Provider if any of the following is true for you.

- If you have any allergies to any medication, anesthetic or latex.
- If you take medications to thin your blood such as aspirin, Coumadin (Warfarin), Plavix and arthritis medications.
- If you have heart or lung problems.
- If you are pregnant.

The Procedure

The procedure will be performed by your surgeon. The Colonoscopy can take 30 minutes or longer and the Sigmoidoscopy often takes less than 15 minutes.

- You will be asked to lay on your left side
- For the colonoscopy you are given sedation through your IV (intravenous) line. The Sigmoidoscopy usually doesn't require sedation.
- The endoscope is inserted into your rectum. This may cause some pressure and cramping. Tell the nurse if you feel pain and you may receive more sedation.
- The video camera in the endoscope displays images on a video screen. Prints of the exam may be taken as a record of your exam.

- When your procedure is completed you will be returned to your room to rest until you are able to go home. If you have had sedation you will need someone to drive you home.

Upper GI Endoscopy

What is an upper GI endoscopy?

An upper GI endoscopy is a special exam of your upper gastrointestinal (GI) tract. Your family doctor may order this exam if you are having upper GI symptoms. The procedure is done to help find the cause of your GI symptoms.

What is an endoscope?

An endoscope is a long, narrow, flexible tube with a strong light and a video camera. Your GI tract can then be viewed on a video screen.

Preparing for the procedure

The hospital will call you the day before your procedure to discuss your instructions.

- Do not eat or drink anything after midnight the night before the procedure. If your procedure is in the afternoon the hospital will let you know when to stop eating and drinking.
- You will need someone to drive you home the day of the procedure.

What to tell your healthcare provider

- If you have any allergies to any medication, anesthetic or latex.
- If you take medications to thin your blood such as aspirin, Coumadin (Warfarin), Plavix and arthritis medications.
- If you have heart or lung problems.
- If you are pregnant.

The Procedure

The procedure will be performed by your surgeon. It takes about 15 minutes.

During the procedure

- You will lie down on the exam table.
- Your throat will be numbed with a spray. You are given sedation through your IV (intravenous) line.
- You swallow the endoscope. The medication will keep you from gagging.
- Air is inserted to expand your GI tract. The air can cause some belching.
- The video camera in the endoscope displays images on a video screen. Prints of the exam may be taken as a record of your exam.

- When your procedure is completed you will be returned to your room to rest until you are able to go home. If you have had sedation you will need someone to drive you home.

Post Operative Instructions for Upper and Lower GI Endoscopy procedures

Upper Endoscopy

- You will feel groggy after surgery and should not drive for the rest of the day. You may resume your normal activities the next day.
- You might have some mild bloating and throat discomfort.
- Resume your regular diet as tolerated.
- Please call your surgeon if you have any of the following after the procedure.
 - ✓ Severe abdominal pain
 - ✓ Fever
 - ✓ Blood in your stool
 - ✓

Lower Endoscopy

- You will feel groggy after surgery and should not drive for the rest of the day. You may resume your normal activities the next day.
- You may experience mild cramping and bloating. Walking may help relieve the discomfort.
- Resume your regular diet as tolerated.
- Please call you surgeon if you have any of the following after the procedure.
 - ✓ Severe abdominal pain
 - ✓ Fever
 - ✓ Rectal Bleeding

The Results

- You may be informed of your results the same day and placed on medications.
- The biopsy results may take several days to be completed.
 - If your biopsy is normal, you will receive a letter in the mail in approximately 2-3 weeks.
 - If your biopsy results are abnormal and require further tests or surgery, an appointment will be scheduled for you to return to our office to discuss your results with the surgeon.
- Please call the nurse in our office if you would like your results sooner. Allow 5 working days before calling.

