You have been scheduled for a colonoscopy

Patient:	
Physician:	
Reason:	
Date:	
Time:	ANA PNA
Please arrive no later than	AM PM

Your procedure location:

☐ UPMC Shadyside

Park in the South Aiken Street garage and report to the GI Laboratory on the first floor of the east wing of the hospital. Bring your parking ticket for reduced parking validation.

☐ UPMC Digestive Health and Endoscopy Center

1000 Integrity Drive, Suite 110 Pittsburgh, PA 15235 Phone: 412-342-0036

Parking is Free

☐ UPMC South Hills Surgery Center

1300 Oxford Drive Bethel Park, PA 15102 Phone: 412-851-8762

Parking is Free.

☐ UPMC East

2775 Mosside Blvd Monroeville, PA 15146 Phone: 412-357-3400

UPMC Surgery Center Monroeville, Digestive Health and Endoscopy Center, and South Hills Surgery Center are outpatient facilities. If there is a medical need for admission to a hospital, a transfer will be arranged.

UPMC

Gastroenterology Associates-UPMC

Affilated with the UPMC Digestive Health and Endoscopy Center

Our Physicians:

M. Samir Ayasso, MD - Medical Director

Farhad Ismail-Beigi, MD Tina Musahl, MD
Su Min Cho, MD Hitendra R. Patel, MD

Wendy M. Craig, DO

For information or to schedule an appointment call one of our offices.

UPMC Shadyside Physician Office Building

5200 Centre Ave., Suite 312 Pittsburgh, PA 15232 Ph: 412-621-7777 Fax: 412-683-8698

Integrity Office Building

1000 Integrity Drive, Suite 110 Pittsburgh, PA 15235 Ph: 412-342-0036 Fax: 412-342-0041

UPMC Physician Building

400 Oxford Drive, Suite 100 Monroeville, PA 15146 Ph: 412-621-7777 Fax: 412-683-8698

South Hills Office

1300 Oxford Drive, Suite 1500 Bethel Park, PA 15102 Ph: 412-621-7777 Fax: 412-683-8698

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Appointment Cancellation

- If you are unable to keep your appointment, please call within 72 hours of your appointment time. If appropriate, we may accommodate other patients who are waiting.
- Failure to call in a timely manner may result in a cancellation charge.

Medical Information and Insurance

- Please complete and bring all medical/information forms that we mailed to you, as well as your insurance card.
- Call us in advance if your insurance changes due to pre-authorization requirements. A change in insurance may require us to reschedule your appointment.

General Instructions

- Dress in comfortable clothes that are easy to remove.
- Do not wear jewelry, including body piercing jewelry.
 You will be required to remove all jewelry prior to your procedure.
- Do not wear nail polish or any perfume, cologne, or anything scented.
- Please let us know if you have any special needs, such as use of a wheelchair, or an interpreter.

Monitored Anesthesia or Conscious Sedation

- Since you will receive intravenous sedation, you must have an escort with you to drive you to your home.
- Your escort must stay in the facility during the procedure and be available to receive discharge instructions.
- Without an escort your procedure WILL BE CANCELLED
- You will be instructed not to drive until the following day.

Diet and Laxative Instructions

- Purchase the laxative prep several days in advance, so you are prepared
- Please read the enclosed diet and laxative instructions several times, so you understand all of the preparation directions

Stop These Medications

- Blood Thinners: Call your prescribing physician for permission to stop three (3) days prior to exam
- Aspirin, Ibuprofen, or any Non-Steroid Pain Relievers:
 Stop three (3) days prior to exam
- Vitamin E: Stop three (3) days prior to exam.
- Herbs: Stop seven (7) days prior to exam. Examples of herbal medications:
- > Flax Seed > Ginseng > Saw Palmetto
- > Garlic > Glucosamine > Ocuvite Chondroitin
- Iron Pills: Stop seven (7) days prior to exam
- Fiber Supplement: Stop two (2) days prior to exam.

Medication Instructions

- The day before your colonoscopy, you will take a laxative preparation to empty your colon.
- Allow two (2) hours after taking any medications, before starting the laxative prep, for proper absorption of your meds.
- If you have diabetes, call your prescribing physician for medication instructions. Because of the effect of the clear liquid diet and laxatives on your blood glucose, you will need to reduce your insulin or antidiabetic medication the day before and the day of your procedure.
- There are no restrictions on using inhalers, nasal sprays, or eye drops. If you use a rescue inhaler, bring it with you.

Special Instructions

- Continue to drink clear liquids for the entire day.
- No liquids after midnight prior to the day of your procedure.
- No chewing gum, breath mints, or hard candy.

Additional Medication Instructions

If you are scheduled to take medication while you are fasting, you should take only heart, blood pressure, breathing, and anti-seizure medications. You may take these medications with a small amount (sip) of water when you wake up.

What Does Colonoscopy Involve?

A nurse will place a catheter in an arm or hand vein so the physician and/or CRNA can give you medication to keep you comfortable and lightly sedated. You will be positioned on your left side and the physician will insert a thin flexible tube, called a colonoscope, into your colon. The colonoscope bends so the physician can move it around the curves of your colon and it puffs air into the colon to allow better visualization. The exam usually takes about 30 minutes.

During the exam, the physician may take a piece of tissue, called a biopsy, or remove a polyp with tiny instruments inserted through the scope. These procedures usually will not cause more discomfort. Tissue specimens are sent to a lab for inspection by a pathologist. Your physician also may take a picture of the exam findings for documentation in your chart.

Colonoscopy is generally safe, but as with any invasive procedure, complications (including perforation, bleeding, infection, and excessive sedation) have been known to occur. Your physician will talk to you before the exam and address any of your questions or concerns.

Following the Exam

You will remain in the recovery area for 30 minutes or longer, if needed, until you are alert. Your physician will explain what was seen during the exam and discuss your plan of care. A nurse will provide written instructions before you are discharged.