

Gastroenterology Associates–UPMC

You have been scheduled for a colonoscopy

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Patient: _____

Physician: _____

Reason: _____

Date: _____

Time: _____ AM PM

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 South Hills Surgery Center

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

Parking is Free.

UPMC Digestive Health and Endoscopy Center

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

UPMC East

2775 Mossdale Blvd.,
Second Floor
Monroeville, PA 15146
Phone: 412-357-3400

Parking is Free

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 bring your photo ID and 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.

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 anti-diabetic 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.

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:
 - > Echinacea
 - > Ginkgo
 - > Fish Oil
 - > Flax Seed
 - > Ginseng
 - > Saw Palmetto
 - > Garlic
 - > Glucosamine
 - > Ocuville
 - Chondroitin
- Iron Pills: Stop seven (7) days prior to exam.
- Fiber Supplement: Stop two (2) days prior to exam.

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.

Special Instructions

- Continue to drink clear liquids for the entire day.
- Clear liquids permitted up to six (6) hours before your appointment time.
- No broth or jello permitted the day of your appointment.
- 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.

Gastroenterology Associates-UPMC

Affiliated with the UPMC Digestive Health and Endoscopy Center

Our Physicians:

M. Samir Ayasso, MD – Medical Director

Farhad Ismail-Beigi, MD

Su Min Cho, MD

Wendy M. Craig, DO

Tina Musahl, MD

Hitendra R. Patel, MD

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