

## Digestive Health Center

Welcome to the Digestive Health Center  
at Hillcrest Hospital.

440.312.4084



Our Strength is in our diversity. We value each and every one of our patients.

### Endoscopy Procedures include:

- Colonoscopy
- Endoscopic Ultrasound
- ERCP
- Flexible Sigmoidoscopy
- Peg tube (feeding tube)
- Small Bowel Enteroscopy
- Upper GI

### What to expect on the day of your endoscopy procedure

Your physician has scheduled you for an endoscopy procedure/test. The following information is to help prepare you for your test and give you information on what to expect on that day.

**Q. Why can't I drink fluids in the morning or eat food the day before?**

**A.** All tests need patients to have an empty stomach. You may not have anything to eat or drink after midnight the day before. Some tests require patients start their prep the day before testing. Please follow the instructions from the physician's office.

**Q. Can I take my medications or pain medications before I come in?**

**A.** Please ask your physician if you need to take your medications on the day of your test. This includes any blood thinning medications, anti-inflammatory medications and Insulin.

**Q. Why can't I drive myself?**

**A.** The medications we give to you will relax you and impair judgment. Your reflexes will be slower than usual.

**Q. Will I feel anything/pain during test?**

**A.** Depending on the test you may have some minor stomach cramping or a bloated feeling. This is normal during the test. Our goal is to keep you as comfortable as possible. You may have a minor sore throat after the test.

**Q. Why do I need to be there an hour before the test?**

**A.** We need time to review your medical history. We will then start an IV (intravenous) in your arm that we will use to make you relaxed. This also gives time to answer any questions you may have.

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**Q. How long will I be there?**

**A.** From the time you arrive in registration to the time you are ready to be discharged you are here approximately 3 to 4 hours depending on the test you are having.

**Q. When will I get results?**

**A.** Most patients get results the same day. If any biopsies are taken or a polyp is removed, the results can take up to 2 weeks. The physician's office will notify you when results are ready.

When you arrive to the hospital, you may park in the hospital garage for free; valet parking is available for a small fee.

Please check in at the Registration Desk in the Atrium. Please bring your Photo ID and medical insurance card with you. After you register, you will be directed to the Digestive Health Center, which is located on the lower level of the Atrium.

So now you are ready to go for your test. A registered nurse and technician will take you to the procedure room. The team will do a "Time Out." This is a check to make sure all information is correct and your questions have been answered.

To help you relax, the lights will be dimmed, the room will be quiet, and the nurse will give you medication. Once you are comfortable and relaxed,

the physician will start the test. Children may bring a favorite toy, stuffed animal or blanket if they wish.

When the test is complete, the team will bring you to the recovery room. At that time, the nurse will monitor you until you are discharged. Once you are awake, you may have something to drink. Most patients are ready to leave in 45 minutes.

Discharge instructions will be given to you and your family member. You may not remember what is said, but you will be given a written copy to refer to later. You may call your physician if you have any other questions.

**If you have questions, please feel free to call the Digestive Health Center at 440.312.4084 or write your questions below and bring them to ask at your appointment. We look forward to seeing you.**

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