

Before Your Visit

Prior to your scheduled exam, your doctor may give you several forms for you to complete and bring with you on the day of your procedure. In addition, a nurse from our center will call you to interview you regarding your medical history, medications and other pertinent information, as well as to answer any questions you may have. Your doctor also will give you specific instructions regarding your prepping instructions. You may be asked to limit or eliminate solid foods for a few days before the test. You also may be asked to take laxatives by mouth. You should have nothing by mouth the morning of your procedure except finishing your prep. The prep must be finished 4 hours before your arrival time. Lebanon Endoscopy Center may require modifications to your prep based on your medical history.

For your scheduled exam, plan to wear casual, loose fitting clothing and low-heeled shoes to the facility. Bring your insurance card, driver's license and method of payment, as well as any other necessary items such as eyeglasses. Avoid wearing contact lenses, jewelry, nail polish and other cosmetics, and leave personal items or valuables at home. **Please arrange for someone to drive and wait for you on the premises for the procedure.** If you have any questions regarding the test or your instructions, please call your physician's office or Lebanon Endoscopy Center at **615-466-9532**.

During the Exam

You will be escorted to a pre-op area to prepare for the examination. In most cases, an intravenous line will be inserted into your arm to administer medications during the procedure. You will be given a sedative.

You will be asked to lie on your left side. Once the anesthetic has taken effect, the doctor will insert a colon scope, a long, flexible, tubular instrument about 1/2 inch in diameter that transmits an image of the lining of the colon so the doctor can examine it for any abnormalities. The colon scope is inserted through the rectum and advanced to the other end of the large intestine. The scope bends, so the doctor can move it around the curves of your colon. The scope also blows air into your colon, which expands the colon and helps the doctor see well.

You may feel mild cramping during the procedure. You can reduce the cramping by taking several slow, deep breaths during the procedure. When the doctor has finished, the colon scope is slowly withdrawn while the lining of your bowel is carefully examined. During the colonoscopy, if the doctor sees something that may be abnormal, small amounts of tissue may be removed for analysis, and abnormal growths, or polyps, can be identified and removed. The exam lasts about 15 to 30 minutes.

After the Procedure

After the procedure, you will be returned to the pre-op area for about 30 minutes for observation. You may experience some abdominal discomfort such as pressure, bloating, or cramping as it is necessary to instill air in the colon during the procedure so the doctor can perform a complete examination. This discomfort can be from minimal to severe depending on the amount of air used and the length of your procedure. You will get relief from this discomfort by releasing the air from your colon. This process may take a few minutes to several hours. If you are experiencing these symptoms, your nurse may have you lay on your left side or encourage you to walk. This discomfort is temporary. When fully recovered, the family is called back to speak with doctor regarding the procedure and discharge instructions, including when to resume your usual diet and medications. At that time, you will be allowed to be taken home. Because of the use of sedation, we require that you be taken home by a friend or family member and not to drive on your own. We cannot discharge a patient via taxi. Once you return home, you will receive a follow-up phone call from us to check on how you're doing after your procedure. Please let us know any concerns or questions you might have so that we can assist.

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Your doctor will give you specific instructions regarding any dietary or fluid restrictions. In general, fasting is required overnight, therefore no solid foods 8 hours before your procedure. Do not eat or drink anything the morning of your procedure. There may be modifications due to your medical history.

Your doctor also will give you other instructions regarding your medications, including insulin, heart or high blood pressure medication, blood thinners and over-the-counter anti-inflammatory medications that may need to cease several days before your procedure.

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During the Exam

You will be escorted to a pre-op area to prepare for the examination. In most cases, an intravenous line will be inserted into your arm to administer medications during the procedure. You will be given a sedative and an analgesic. A local anesthetic will be sprayed into your mouth when the endoscope is inserted. A mouth guard will be inserted to protect your teeth and the endoscope. Dentures must be removed.

After the anesthetic has taken effect, the endoscope will be inserted through the esophagus to the stomach and lower intestine. The lining of the esophagus, stomach, and upper duodenum is examined, and tissue samples can be obtained through the endoscope.

The exam lasts about 15 to 20 minutes.

After Your Procedure

After the procedure, you will be returned to the pre-op area where you will be monitored by our staff until a significant portion of the medication has worn off. Occasionally a patient is left with a mild sore throat, which promptly responds to saline gargles.

When fully recovered, the family is called back to speak with doctor regarding the procedure and discharge instructions, such as when to resume your usual diet and medications. At that time, you will be allowed to be taken home. Because of the use of sedation, we require that you be taken home by a friend or family member and not to drive on your own. We cannot discharge a patient via taxi.

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