

About Your Endoscopy





THE VALLEY HOSPITAL ENDOSCOPY DEPARTMENT — THE BEST IN ITS CLASS

The staff of The Valley Hospital Endoscopy department numbers more than 40 specially trained nurses and technicians. In fact, last year nearly 12,000 people came to Valley's endoscopic department for screening procedures and medical treatments. The benefit to you is, of course, experience. Research indicates that certain types of medical treatments performed at a higher volume result in better outcomes. Rest assured that you are in good hands when you entrust your care to Valley's Endoscopy staff.

HOW TO PREPARE FOR YOUR ENDOSCOPY

Your Valley Hospital physician has decided that you should undergo either a Colonoscopy or an EGD (Upper Endoscopy). This booklet was developed to assist you in preparing for your procedure. It will explain the procedures, provide you with preparation tips, and, in general, answer any questions you may have to ensure that you will be at ease and comfortable during your upcoming experience.

WHAT IS COLONOSCOPY?

Colonoscopy is the examination of the entire length of the colon using a soft, flexible videoscopic tube with a light on the end. The tube is the size of a finger. Colonoscopy enables your physician to examine the lining of the colon for abnormalities.

A word about colon cancer. The bad news is that colorectal cancer is the number two cause of cancer death for both men and women combined. The good news is that colon cancer is one of the most preventable of cancers and curable if found early. In fact, if the cancer is confined to the wall of the colon, endoscopic removal may be the only treatment that is required.

WHAT IS ESOPHAGOGASTRODUODENOSCOPY ?

An esophagogastroduodenoscopy (EGD) is an examination of the upper gastrointestinal (GI) tract. A flexible videoscope is passed through the mouth and esophagus into the stomach and the beginning of the small intestine. This gastroscope looks inside the esophagus and stomach through its long, thin, flexible tube with a tiny video camera and a light on the end. By adjusting the various controls on the gastroscope, the physician can carefully guide the instrument in any direction to show the inside of the esophagus, stomach, and duodenum.

HOW WILL I SCHEDULE MY PROCEDURE?

Your physician's office will schedule your appointment and provide you with all the information that you will need.

WHAT WILL HAPPEN BEFORE I COME TO THE HOSPITAL?

A few days before you come to Valley, a nurse from the Endoscopy department will call you to obtain some important information. She will walk you through a series of questions to determine your medical history and your current physical condition. She will also talk with you about what will happen the day of your examination, including where you should go, and what will happen step by step when you arrive on the day of your procedure.

In addition, a business associate from the Endoscopy department will call you before the day of your procedure to obtain demographic and insurance information. This will allow you to spend less time registering when you arrive at the hospital for your procedure.

HELPFUL REMINDERS

- **Leave all jewelry and valuables at home.**
- Upon admission all women between the ages of 12 and 52 will be asked to provide a urine specimen to test for pregnancy.
- If you have an Advanced Directive, please bring your most current copy with you to the hospital.*

** The state of New Jersey requires us to ask all patients who comes to The Valley Hospital for a procedure if they have an Advanced Directive. If you do not, you will be asked to complete one.*

An Advanced Directive provides healthcare providers with instructions for your care in the event of an emergency. Although emergency situations during outpatient procedures are both rare and infrequent, the hospital is required to have an Advanced Directive for each person undergoing a test.

HOW DO I PREPARE FOR MY COLONOSCOPY?

To successfully examine the inside of the colon, it must be flushed clean of all waste so that the doctor can have the best view possible. Your doctor will ask you to prepare at home by taking specific steps to clean your bowels prior to the examination. Even the smallest amount of waste left in your colon can hide important details and make for an inaccurate exam-

ination. If this happens, unfortunately, a repeat exam may be necessary.

Your doctor will give you detailed instructions regarding the dietary restrictions to be followed and the cleansing routine to be used. Follow your doctor's instructions carefully and you will be ready on the day of your procedure. ***It's important to remember not to have anything to eat or drink after midnight prior to your procedure. If your procedure is scheduled later in the day, follow your doctor's instructions.***

HOW DO I PREPARE FOR MY EGD?

Your doctor will give you detailed instructions regarding the dietary restrictions to be followed. Follow your doctor's instructions carefully and you will be ready on the day of your procedure. ***It's important to remember not to have anything to eat or drink after midnight prior to your procedure. If your procedure is scheduled later in the day, follow your doctor's instructions.***

DO I NEED TO STOP TAKING MY MEDICATIONS?

Some medications should be continued as usual, such as blood pressure, heart or seizure medications. However, some medications can interfere with the preparation or the examination. Inform your physician of all medications you are taking including prescription medications, over-the-counter medications (e.g., antihistamines and aspirin), supplements, vitamins, and herbal preparations, as well as any allergies to medications several days prior to the examination. Aspirin products, arthritis medications, anticoagulants (blood thinners), insulin, and iron products are examples of medications whose use should be discussed with your physician prior to the examination.

WHERE SHOULD I REPORT WHEN I ARRIVE AT VALLEY HOSPITAL?

When you arrive at Valley, ask the concierge at the hospital's front desk to guide you to Valley's Endoscopy Suite. The suite is located on the lower level of the Bergen Wing.

When you arrive at the Endoscopy registration area, a Valley Hospital business associate will greet you. The business associate will complete your registration process, including reviewing and verifying your insurance, your

demographic information, and the consent forms you will need to sign before your examination.

Once registration is completed, you will be taken to the unit's admission area to change into a hospital gown for the procedure. A nurse will review the information that you had previously provided by phone, reviewing your medical history and current physical condition. The nurse will also start intravenous access so that the doctor may administer sedation in the procedure room. A combination of nursing staff, technicians, and the physician will be with you during your procedure. Soon after being settled in a procedure room, your physician will begin intravenous sedation to relax you.

WHERE WILL MY FAMILY MEMBER BE ABLE TO WAIT DURING THE PROCEDURE?

During your procedure, your family member will be able to wait in a comfortable waiting room. Family members may wish to bring something to read during the few hours you will be in the Endoscopy Suite.

WHAT CAN I EXPECT DURING THE PROCEDURE?

During the **colonoscopy** procedure in Valley's Endoscopy Suite, you will be lying on your side. After a rectal examination, and after you are relaxed and drowsy from your physician's selection of sedation, the doctor will gently insert the colonoscope into your rectum and guide it up into the colon.

During the **colonoscopy** procedure, you may be asked to change your position to assist your doctor to examine a particular area. You may also feel some cramping or pressure during the exam, which is normal. Should you feel any discomfort at all, please let your nurses and physician know and they will assist you.

Prior to the **EGD procedure**, medication will be administered intravenously to make you sleepy and relaxed. The medication will be monitored and adjusted during the procedure if needed.

As you lie on your left side, your doctor will insert the lubricated, flexible gastroscope through your mouth. As the gastroscope is carefully advanced through the esophagus, stomach, and duodenum, the doctor will examine the lining thoroughly. You may feel some cramping or gas due to the air

introduced into the stomach during the test.

Often a biopsy specimen is taken for examination. If you have a polyp, it may be removed. You will not feel any sensation of discomfort when the biopsy is performed or when the polyp is removed. All tissue samples are sent to the laboratory for examination. These results take three to five days and will be sent to your physician. It is also important to remember that biopsies are taken for many reasons and do not necessarily mean that cancer is suspected.

HOW LONG WILL THE PROCEDURE TAKE?

Depending on the type of procedure, testing may take from 15 minutes to one hour on average. However, time may vary depending on the individual patient's needs.

WHAT CAN I EXPECT AFTER THE PROCEDURE?

After your endoscopy has been completed, you will be taken to an area of the Endoscopy Suite where you will rest for at least 30 minutes before you are able to go home. In total, you will most likely be in the hospital for two to three hours.

Your physician will review the results of your endoscopy. Some patients, as a result of the medication used for sedation, experience a temporary lapse in short-term memory. It may, therefore, be a good idea to have a family member with you when your physician reviews your results.

WILL I BE ABLE TO DRIVE HOME?

Because you will feel the effects of the sedation medications for several hours, and as a result, your judgment and reflexes may be impaired, ***you will not be able to drive for 24 hours after your test. You must have a responsible adult drive you home.***

WHAT IF MY ENDOSCOPY SHOWS SOMETHING ABNORMAL?

If your doctor thinks an area viewed needs to be evaluated in greater detail, another small instrument will be passed through the scope to obtain a biopsy. This specimen is then submitted to the pathology laboratory for analysis. If polyps are found, they are generally removed. None of these additional procedures typically produce pain.

WHAT ARE POLYPS AND WHY ARE THEY REMOVED?

Polyps are abnormal growths that vary in size from a tiny dot to several inches. The majority of polyps are benign (non-cancerous), but the doctor cannot always tell a benign from a malignant (cancerous) polyp by its outer appearance alone. For this reason, removed polyps are sent for tissue analysis. Removal of polyps is an important means of preventing cancer.

WHAT ARE THE POSSIBLE COMPLICATIONS OF ENDOSCOPY?

Complications after endoscopy are extremely rare. It is, however, important for you to recognize any signs of possible complications. Contact your physician after your screening if you experience any of the following symptoms: severe abdominal pain, nausea, vomiting, fever and chills, or bleeding.

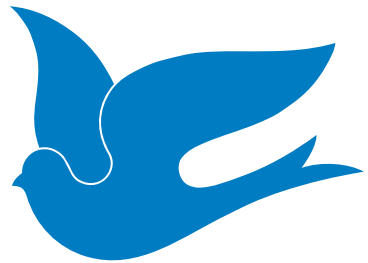
After your endoscopy, you will receive written discharge instructions to be followed at home.

A NOTE ABOUT OUR EQUIPMENT

The Endoscopy Suite maintains a large inventory of endoscopes. These scopes are cleaned by highly trained staff members with the latest technology available. The cleaning procedures that are followed by our staff are in strict compliance with the hospital's Infection Control Guidelines as well as the practices advocated by both the Centers for Disease Control and nationally recognized gastrointestinal professional organizations.

The Valley Hospital is committed to being the hospital of choice for you and your family. We hope to provide you with not only the best in clinical care, but also the best service. Please let us know if we can do anything at all for you during your brief stay with us.

If you have any questions about the material presented in this booklet, please call the staff of The Valley Hospital Endoscopy department at 201-447-8275.



The Valley Hospital

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