

GETTING READY FOR YOUR PROCEDURE

Pre-Procedure Instructions

At **Central Texas Endoscopy Center**, our team of professionals is focused on your safety and comfort. We want to make sure you have all the information you need before your procedure.

DRIVER



For your safety, we require a responsible adult drive you home from the Center after the procedure(s) and stay with you until you feel capable of independent activity.

- If you elect to have a bus, taxicab or other transportation take you home, you must still have someone with you for the ride home.
- **Your procedure will be rescheduled if a driver is not available to take or escort you home. Your procedure will be cancelled if your driver is not present.**

PREPARATION



You will receive complete instructions regarding preparations for your scheduled procedure. Please follow these carefully.

- If you are having a colonoscopy, you will be drinking a preparation to cleanse your bowels so that we can see inside your colon.
- It is not uncommon for these preparations to irritate the rectal area causing you to experience a “raw” or “burning” sensation. If this occurs, we recommend taking a shower to adequately clean the area. Then apply over-the-counter cream that is labeled for diaper rashes (Desitin, Balmex, A and D, Aveeno, etc.). You may also use any baby powder product with corn starch.
- If you chew gum prior to preparing for the procedure, please do not swallow it as gum can cause severe damage to our scopes when suctioned into the internal channels.



ARRIVAL TIME

Your report time is not the actual time of your procedure.

- You will be arriving 30-45 minutes before the scheduled time of your procedure. This is to allow us to complete paperwork, answer questions, sign consent forms, start your IV and give you any pre-procedure medications (if necessary).
- If you will need an excuse to return to work, please let us know at the time of your admission so that we can have it ready for the physician to sign.



BOWEL FUNCTION

If you have to drink a bowel prep for your procedure, it may be as much as **3 days** before your normal bowel habits return. Also, on occasion, we have to irrigate the bowel with water (during colonoscopy) to remove any residual stool. You may have abnormal bowel changes for up to three days.



SEDATION & PROCEDURE RESULTS

The sedation that you receive affects your short-term memory by making you very forgetful.

- Your physician may speak to you about the results after your procedure, but you will most likely NOT remember this conversation.
- The doctor may also speak to your driver, if you have given permission.
- Please let us know if you want to schedule a follow-up appointment with your physician to discuss the results of your procedure.

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VITAMINS & MEDICATIONS

- Do not take any vitamins or herbal supplements for one week prior to your procedure.
- If you are taking any medications, especially those that thin your blood such as aspirin, ibuprofen, Aleve, Coumadin and Plavix (to name a few), contact your physician's office for instructions on when to stop taking them.



PREGNANCY TESTS

It is the policy of CTEC that all women of childbearing age who have not had a hysterectomy or tubal ligation or who have not gone through menopause will be given a pregnancy test. Please come with a full bladder.



CLOTHING & VALUABLES

- Wear clothes that are comfortable and shoes (no boots) that slip on and off easily. Wear socks if your feet tend to get cold. **DO NOT** wear any jewelry.
- **LEAVE ALL VALUABLES (WALLET, PURSE, CELL PHONE, ETC.) AT HOME.** You will be required to leave your valuables with your driver if you bring any with you.
- However, **please bring your driver's license and your insurance card with you and any co-pay or deductible amounts** you have agreed to pay.
- CTEC is not responsible for any personal property that is lost during your time at the facility.



TO PREVENT FALLS WHEN YOU COME TO CTEC

- Please wear your glasses and/or hearing aids
- Please use your walker, cane or wheelchair
- Please let us know if you are dizzy or weak when you first arrive to our facility
- Please let us know if you have fallen since your last visit
- Please let us know if you need assistance, we are never too busy to assist you



POST PROCEDURE INSTRUCTIONS & COMMUNICATIONS

- Discharge instructions will be given following the procedure. You will be given a written copy of these instructions to take home for your own information.
- *You will receive a post procedure text to see how you are doing the day following your procedure. You have the option to opt out of this text. If you do, someone from our clinic will call to check on you.*



QUESTIONS

If anything concerning your procedure or other care is unclear, it is important that you call us. There is no such thing as a "bad" or "dumb" question.

- **For BILLING Questions, please call 979-776-4600 x5000.**
- Central Texas Gastroenterology Associates is your physician's office. The phone number is **979-776-4600.**
- Central Texas Endoscopy Center is the surgery center where your procedure will be done. The phone number is **979-774-4211.**

Please keep in mind that your physician office and the endoscopy center are two completely separate entities. Therefore, every patient will have two completely separate medical records. A nurse from Central Texas Endoscopy Center will be calling you to discuss your procedure – this is separate from the information you gave to the physician office. We apologize for any inconvenience this may cause you.