



# NMMC SURGICAL SERVICES

# WHAT TO EXPECT



## COLONOSCOPY



### 1 WEEK BEFORE SURGERY

You will receive a phone call from the Surgery Department about one week before your procedure. During this call, we will review your medications and answer any remaining questions you may have. Please use this time to complete any required lab work or other outstanding requests from your provider.

### 2-3 DAYS BEFORE SURGERY

You will receive another call from the Surgery Department 2-3 days before your procedure. During this call, we will confirm your arrival time and review final instructions for surgery day.

#### Important reminders:

- Do not eat or drink anything after midnight the night before your procedure, unless otherwise instructed.
- Take **only** the medications you were instructed to take by your provider.
- Please follow the instructions given to you about your oral “prep” before coming in for your procedure.



### DAY OF SURGERY

- Please arrive at the Surgery Department on the 3rd floor at your scheduled time.
- Upon arrival, check in with our receptionist. There may be a short waiting period before a nurse escorts you to the Same Day Surgery Unit.
- You'll be provided with a locker for your belongings, then taken to your bay.
- Once settled, your nurse will complete your admission process. Then you'll meet your anesthesia team and your surgeon. This preparation typically takes about one hour.
- Afterward, you'll be taken to the endoscopy suite, where your surgical team will perform your procedure. This generally takes about 20 minutes.



### RECOVERY

- Following your procedure, you'll return to the same bay where you began your day for recovery.
- You will generally spend about 30-45 minutes in our recovery area, depending on how you feel, before going home.
- Once you're awake and comfortable, the nurses will offer you something to eat and drink, review your discharge instructions, and answer any final questions.
- Please ensure you have someone available to drive you home and assist you with any needs you may have after your procedure.



### AT HOME

- Follow all instructions provided in your discharge packet carefully.
- If you have any questions or concerns, please contact the Surgery Department or your provider's office.

#### CALL US IMMEDIATELY IF YOU NOTICE

- Signs of infection (fever) of 101.5 or higher)
  - Bleeding, vomiting or bowel movements that look like coffee grounds.
  - Increasing abdominal pain or discomfort.
- Your discharge packet will also include the details for your follow-up appointment.

*Thank you for choosing NMMC Surgical Services!*

