
GENERAL INFORMATION FOR LAVIN GI ENDOSCOPY

Welcome and thank you for choosing the Endoscopy Center at Northwestern Memorial Hospital for your healthcare needs. If you have any concerns with your care or wait times, please let us know and we will do our best to answer any questions that you may have. The following information includes a few reminders about what to expect during your time with us today.

Pre-Procedure

- If you are receiving moderate sedation medication for your procedure today:
 - You **MUST** have a responsible adult to pick you up on the 16th floor to take you home today or your procedure will be cancelled. You will be asked to provide your escort's contact information to nursing staff.
 - You will not be able to drive and are encouraged not to drink alcohol or return to work today.
 - If you do **NOT** receive conscious sedation, you will not have any restrictions today and may drive yourself home.
- No drinking within 2 hours of your procedure. No eating (including mints, gum, and hard candy) within 8 hours prior to procedure. Please do not eat or drink anything while you are waiting for your procedure in the GI Lab.
- Your total time in the GI Lab will be between 2 to 4 hours depending on your procedure. This includes admitting process through your recovery in the GI Lab. Please see the reverse side for approximate procedure timetables.
- Please leave your valuables with your escort. Any belongings you have will be placed in a bag and kept with you at all times underneath your procedure cart.
- If you require any special assistance while you are in the GI lab, please let our staff know so that we can help to accommodate. (I.E. language interpreter, walking or dressing assistance, etc.)
- Due to patient privacy, patients will be asked to turn off and put away their cellphone or other electronic devices before going into the procedure room and remain off until you have been discharged from the GI Lab.
- Once an IV is started, you are able to bend your arms as needed.
- You may get up and use the restroom on your own prior to your procedure. Please use your call light if you need assistance in order to use the restroom.
- If you would like an update on the status of your procedure, please do not hesitate to ask by using your call light.
- Your escort will be asked to return back to the Patient Reception once the procedure staff arrive to take you back for your procedure.
- Please notify staff if you would like to have your escort join you in recovery or if you prefer that that remain in the reception areas while you recovery from the procedure and sedation.

During the Procedure

- Staff will attach monitoring equipment to you once you are in the room, and you will be monitored during the procedure and recovery. This equipment must remain attached to you until you are discharged from recovery.
- Your physician will introduce themselves and have you provide final consent for today's procedure.
- After consent is obtain, your nurse will administer your moderate sedation medications to help you relax. Moderate sedation is an alternative to anesthesia that prevents pain and avoids significant side effects/risks without the need for an anesthesiologist. Patients are usually able to speak and respond to verbal cues throughout the procedure and can communicate any discomfort they experience to their doctor. A brief period of amnesia may erase any memory of the procedure. If you have any question, please feel free to ask your physician or nurse.
- You may remember parts of the procedure or the entire procedure, please let your team know if you are uncomfortable.

Recovery

- Your escort may get your/their parking ticket validated at the front desk while waiting for you.

- When your procedure is done, you will remain in recovery for at least 1 hour if you received sedation.
- If you choose, your escort can be with you in the recovery room while you recover from the procedure and the sedation.
- Only one responsible adult over the age of 18 years old will be allowed in recovery. Special circumstances requiring a translator will allow an additional adult. Children are not allowed in recovery.
- You may still experience effects from the sedation, such as being tired, sleepy, forgetful, and/or you may have impaired judgement for 6-12 hours after your procedure. This is normal.
- Your recovery nurse will review your preliminary procedure results, expectations for the rest of the day, physician follow up instructions, and when you need to call your physician or proceed to the emergency department.
- Make sure that you or your escort has your discharge papers when you leave the GI lab.
- You will be provided with a light snack in recovery 30 minutes after your procedure.
- If you have biopsies taken during your procedure, it can take up to 7 days for the results to return. Your doctor or his/her team will contact you with the results within 7 days via MyChart or phone. If you do not hear anything after 7 days, please contact the office via MyChart or phone to follow-up on test results.

ALL TIMING BEGINS WHEN THE PATIENT IS ESCORTED INTO THE GI LAB BY THE NURSE

ALL TIMES ARE APPROXIMATE

Procedure Type	Prep Time	Procedure Time	Recovery Time	Approximate Total Visit Time
Colonoscopy	30 minutes	30 – 45 minutes	1 - 1½ hours	2 – 2½ hours
EGD (Upper endoscopy) EGD with dilatation EGD with PEG placement EGD with Bravo placement or Manometry	30 minutes	30 - 45 minutes	1 hour	2 - 2½ hours
Colonoscopy and EGD	30 minutes	1 hour	1 - 1½ hours	2½ - 3½ hours
Flexible Sigmoidoscopy (Flex Sig)	30 minutes	30 minutes	none or 1 hour if sedation given	1 – 2 hours
Liver Biopsy	30 minutes	30 minutes	2 - 3 hours	3 - 4 hours
Manometry, Esophageal	15 minutes	30 – 40 minutes	none	45 minutes – 1 hour
Manometry, Anorectal	15 minutes	20 minutes	none	35 - 45 minutes
24 hour pH study	15 minutes	25 minutes	none	40 minutes