You are scheduled for 2 tests.
The first test is a **colonoscopy** to check your large intestine, also called the colon, for abnormal growths or other problems. The test is done with a narrow, flexible tube that has a light and camera. The tube is put in through your rectum and into your colon.

The second test is called an **EGD** (esophagogastrroduodenoscopy) or an upper **endoscopy**. It is done with another narrow, flexible tube that goes in through your mouth into the upper digestive tract. It allows your doctor to look into your esophagus, stomach and part of the small intestine called the duodenum.

These tests help your doctor diagnose illnesses and make plans for treatment if needed.
You may need to make changes to your medicines

**If you take aspirin or NSAIDs** such as ibuprofen, naproxen or Celebrex for pain, you **do not need to stop** taking these medicines before these tests.

**If you take medicines for diabetes**, ask the doctor who ordered your diabetes medicine how to adjust your medicines for these tests.

**If you take any of the blood thinner medicines listed below:**
- Ask the doctor who ordered this medicine if it is safe for you to stop taking this medicine before the test. **If you have a stent or certain other health problems, do NOT stop taking these medicines.**
- **If your doctor has advised you to NOT stop taking these medicines before the test, please call 614-293-6255 and ask to talk to a nurse.**
- If your doctor agrees you should stop taking any of the medicines listed below, stop for the listed number of days before your test or as your doctor recommends:
  - Brilinta (Ticagrelor) – 5 days
  - Coumadin (Warfarin) – 5 days
  - Effient (Prasugrel) – 7 days
  - Eliquis (Apixaban) – 2 days
  - Lovenox (Enoxaparin) – 1 day
  - Plavix (Clopidogrel) – 5 days
  - Pletal (Cilostazol) – 5 days
  - Pradaxa (Dabigatran) – 2 days
  - Savaysa (Edoxaban) – 2 days
  - Ticlid (Ticlopidine) – 10 days
  - Xarelto (Rivaroxaban) – 1 day

Key information to prepare for your test

**Week before your test**

**Buy the medicines and clear liquid drinks that you will need for your bowel prep.** A bowel prep is done before your test to clean out your bowels, also called your colon or large intestines. Your doctor will decide which bowel prep is best for you.

**If you do not have bowel prep instructions, call the doctor who ordered the test to get instructions.**

**5 days before your test**
- Do not eat any nuts, seeds, popcorn, corn or green leafy vegetables.
- Stop any iron tablets or vitamins with iron.
- Stop using fiber supplements like Metamucil, Citrucel or Fiberall.

**1 or 2 days before your test**

Follow the bowel prep instructions you were given. You may need to start your prep 1 or 2 days before your test date. Drink only clear liquids during the days of your prep.

**Morning of your test**
- Take your medicines for blood pressure, heart issues, seizures or pain with a sip of water up to 2 hours before your test.
- Please leave all valuables and jewelry including piercings at home.
- Female patients should come prepared to give a urine sample in case a pregnancy test is needed.
- Your driver must be present when you sign in to proceed with your test.
- Bring these with you to your test:
A list of all medicines, including prescription and over the counter medicines and any vitamin or herbal products you are taking
A list of your allergies
List of medical conditions and previous surgeries
A copy of advanced directive such as a living will or power of attorney
Your photo identification, insurance card and co-payment, if needed

**Plan to arrive at the arrival time on your letter** so the staff can get you ready. *Expect to be here 2 to 4 hours for your test and recovery time.*

If your driver leaves the facility during the test, we will need a phone number where he or she can be reached. Your driver needs to be within 30 minutes of the endoscopy unit.

**Having the test**

• After you have registered, you will change into a hospital gown.

• A nurse will review your medicine list and medical history.

• An intravenous (IV) line will be placed to give you medicine. Let the nurse know if you have had problems having an IV placed in the past.

• When the nurse has you ready, you will be taken to a private room, where your test will be done.

• You will be given a consent form to read over. The doctor will talk to you and go over the consent form. Ask any questions you have about the test before you sign the form.

• You will be given medicines in your IV to help you relax. You will likely rest on your left side.

• The doctor slowly moves the tube through your colon.

• You may feel some cramping during and after the test that will improve after passing gas.

• For the EGD, your throat may be sprayed with a numbing medicine. The doctor will pass another tube through your mouth and into your esophagus, stomach and duodenum.

• These tests will take about 50 minutes.

**After the test**

• You will be taken to a recovery area for 30 to 45 minutes.

• You will then change back into your clothes.

• The doctor will speak with you and your family member before you leave.

• Plan to take the day off of work and rest at home after the test.

• The medicine given during the test can cause you to have memory changes and impair your judgment. **Do not drive a motorized vehicle or operate heavy machinery. Do not sign any papers or make any legal decisions.**