

# Digestive Health

## HOW TO PREPARE FOR YOUR PROCEDURE



The Carle Foundation complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

Spanish: ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-217-383-2543.

Polish: UWAGA: Jeżeli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Zadzwoń pod numer 1-217-326-0340.

Carle Mattoon on Lerna Road (8a-5p): 217-258-5900  
Patient Advisory (5p-8a): 217-383-3233

Patient Name:	Procedure:
Doctor:	MRN:
Procedure Date:	Report Time:

**\*\*You must have a responsible adult with a cell phone stay in the department during your surgery. They must drive you home.\*\***





# Here for You.

You have been scheduled for a Digestive Health procedure at Carle Mattoon on Lerna. Please review the instructions to get ready for your procedure. If you do not follow these steps, your test could be delayed or canceled.

**Driver:** The medications used during the procedure will affect your memory and judgment. **You will need to have a driver, 18 years or older. Your driver will need to stay with you in the department, drive you home and remain with you for a reasonable period of time. If you don't have a driver with you, your procedure will be rescheduled for another day.** You cannot use a taxi or bus unless a responsible person is with you.

**Parking:** Free parking is available in front of the building.

**Jewelry:** You must remove all jewelry, including wedding rings and body piercings before your procedure.

**Pregnancy testing:** All female patients, of childbearing age, will be asked to provide a urine sample upon arrival.

**Consent to treat:** If you are the parent or legal guardian of the patient, you must be available in Digestive Health to sign the consent and speak with the physician on the day of the procedure.

**Patient Education Video:** Users of MyCarle online patient portal may watch a video that talks about your procedure as well as the prep and sedation. Call (217) 258-5900 if you do not have a MyCarle account or have questions.

**Insurance:** Carle will contact you before your procedure to verify information. Wellness screenings are generally covered at 100%, however if screening becomes a medical procedure or polyps (small growths that could turn into cancer) are removed, you may be billed a copay or coinsurance. Insurance questions can be directed to Carle Medical Insurance at (217) 383-3226.

**Appointment Check-In:** On the day of your procedure, check-in on the first floor at Carle Mattoon on Lerna.

**Medications:** Bring a current list of medicine you take, along with the dosage. Include supplements, vitamins and over-the-counter medicine on this list.

**Living Will/Power of Attorney for Health Care:** Bring a copy of your living will and/or power of attorney for health care to have it scanned into your medical record at check in.

You should not plan to attend work or school the day of your procedure. A member of your care team can provide you with a note if needed.

## PRE PROCEDURE CALL

A nurse will call you 5-10 days before your procedure. During this call, tell the nurse if you are diabetic or if you take blood thinning medications.



## FREQUENTLY ASKED QUESTIONS:

### Why can't I drive myself home after my procedure?

During your procedure, you will be given medicine to make you sleepy. It takes a while for this medicine to wear off. This would make it dangerous for you to drive home. You can use a taxi or bus to get home if you have someone to travel with you and take you home.

### How long will the procedure take?

Plan to be at Carle for 3 - 4 hours. This includes your prep, procedure and recovery time. We will do our best to keep you informed as you move through each area. Actual procedure times vary based on the procedure.

### Will I need a bowel prep?

For certain procedures, the lining of your bowel needs to be clean. If it is dirty, your doctor may not be able to see things like polyps or cancer. A clean bowel is like looking through a clean windshield. A dirty bowel is like looking through a windshield smeared with mud. If the bowel is dirty, there is a higher risk of complications and you may have to reschedule your procedure.

### How does the bowel prep work?

A bowel prep works by giving you diarrhea to empty out your colon. Plan to be at home, near a toilet, when you start your prep. Diarrhea will start 30 minutes to 3 hours once you start your prep. It is normal to feel bloating and mild abdominal discomfort. If you become nauseous or throw up, stop drinking the prep for 30 minutes. Then resume drinking the prep, drinking one 4-ounce glass every 15-20 minutes. Do this until you complete the prep. If you keep vomiting, call Mattoon Digestive Health (217) 258-5900 during regular business hours. **After hours call Carle Patient Advisory at (217) 383-3233.**

### My prep hasn't started working.

People respond differently to the bowel prep. Some have diarrhea within minutes while others may take an hour or more. If you go three hours without a bowel movement, make sure you are drinking the liquid as instructed. If you correctly drank 32-ounces of prep within 1 hour, and still have not had a bowel movement by 10 pm, call Patient Advisory at (217) 383-3233 for additional instructions.