

ENDOSCOPY CENTER

# Endoscopy Center

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Tuality Healthcare



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## Welcome

Welcome to the OHSU Tuality Endoscopy Center. Tuality Healthcare is proud to partner with OHSU, Oregon's only academic health center. This means every member of your health care team is dedicated to providing you with care built on innovation, education and clinical expertise.

Our team looks forward to providing you with colonoscopy services and wants your stay with us to be as comfortable for you as possible. We hope this guide is helpful for you and your loved ones.

Thank you.

## My procedure

You are scheduled for a colonoscopy at OHSU Tuality Endoscopy Center to be performed by:

Dr. \_\_\_\_\_ on \_\_\_\_\_

**Please check in at:**

**Your procedure is scheduled to begin at:**

You will receive a phone call from one of our nursing staff within a few days prior to your procedure. At this time you will be asked for further information about your health history and offered clarification on any questions you may have.

**If you anticipate the need to cancel or reschedule for any reason, please give us as much notice as possible by contacting the direct access line at 503-681-1675 between the hours of 8 a.m. and 4 p.m.**

**Arrange for a responsible adult to escort you safely home. If you arrive at the Endoscopy Center without these arrangements, your procedure will be cancelled.**



Thank you for choosing our facility. We look forward to making this the best possible experience for you.



## Colonoscopy overview

A colonoscopy is a procedure that allows a doctor to look inside of the colon to detect changes or abnormalities.

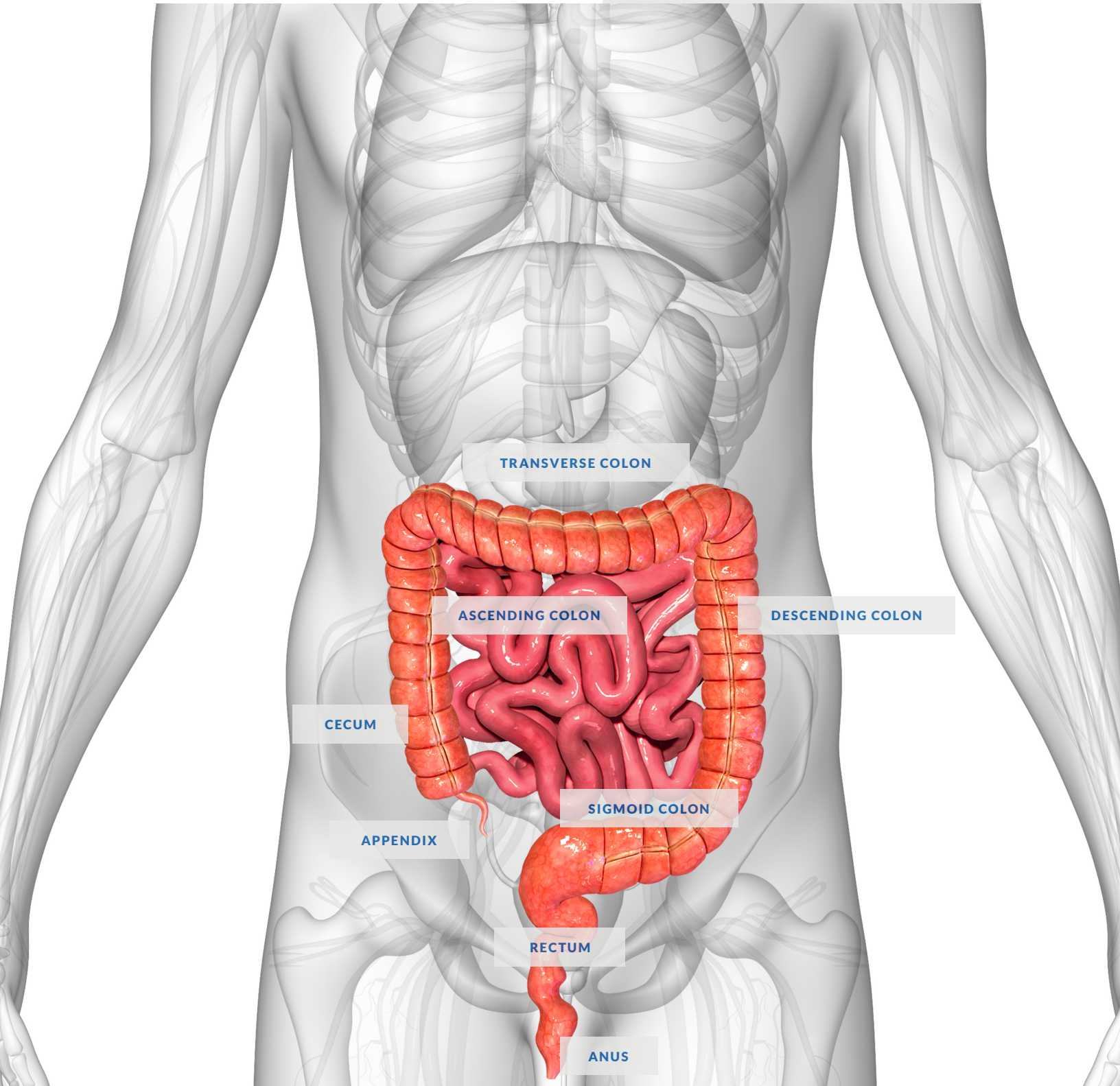
During a colonoscopy, your doctor uses a flexible scope that has a camera lens, a light source, flushing and suctioning capabilities.

The scope is approximately finger width. Once you are appropriately sedated, the scope is advanced through the rectum and large intestine to the cecum. This process can produce some discomfort, which is why your sedation medication includes a narcotic pain reliever.

Once the cecum has been visualized on the video monitor, your doctor will withdraw the scope slowly while inspecting your colon lining and checking for abnormalities. If your doctor thinks an area needs further evaluation, a biopsy will be obtained. If polyps (abnormal growths in the colon lining) are found, they will most likely be removed. Biopsies and polyp removals do not cause pain.

Colonoscopy procedures generally last 20 - 40 minutes.

Colon (large intestine ) and Rectum.





## Meet your physicians

We look forward to meeting you and providing you with the best possible experience.



Jeremy Lake, M.D.

### **Jeremy Lake, M.D., Gastroenterology**

Dr. Lake is a board-certified gastroenterology specialist who earned his medical degree at the University of Washington School of Medicine in Seattle. He went on to serve his internal medicine residency at the University of Michigan in Ann Arbor. He then completed fellowship training in gastroenterology at Oregon Health & Science University in Portland, where he was a two-time award winner for providing outstanding patient care. Dr. Lake is a member of the American Gastroenterological Association, American Society for Gastrointestinal Endoscopy, American College of Gastroenterology, and the Oregon Medical Association.



Curtis Larson M.D.

### **Curtis Larson, M.D., Gastroenterology**

Dr. Larson is a board-certified gastroenterology specialist who earned his medical degree from the University of Southern California. He went on to complete his internal medicine internship and residency at the University of California San Francisco-affiliated Valley Medical Center of Fresno, where he also served as chief resident. Dr. Larson also completed fellowship training in gastroenterology at Bowman-Gray School of Medicine in Winston-Salem, N.C. Dr. Larson is member of the American Gastroenterological Association, the American College of Gastroenterology, American Society of Gastrointestinal Endoscopy, and the Oregon Medical Association.





Randy Watson, M.D.

### **Randy Watson, M.D., Gastroenterology**

Dr. Watson is a board-certified gastroenterology specialist who earned his medical degree at Oregon Health & Science University in Portland. He went on to serve both his internal medicine internship and residency at OHSU, where he also completed fellowship training in gastroenterology. During his training at OHSU, Dr. Watson earned membership in the Alpha Omega Honor Medical Society. Prior, he completed his bachelor's degree in chemistry and Biology at Linfield College in McMinnville. Dr. Watson is a member of the Oregon Medical Association.



William Kelley, M.D.

### **William Kelley, M.D.**

Dr. William Mark Kelley is a board-certified Gastroenterology specialist who earned his medical degree from Stanford University of Medicine in 1999. He has over 20 years of diverse experience, especially in Gastroenterology. Dr. Kelley has worked in many clinical settings including Lane Gastroenterology Associates in Eugene and OHSU Hospitals and Clinics In Portland.

## Bowel prep instructions: SUPREP

Important: Use only one of these Bowel Preps.

SUPREP bowel prep (may cost up to \$90 depending on insurance coverage and deductible)

### SUPREP: 5 DAYS BEFORE

- Purchase SUPREP kit at pharmacy using prescription called to your pharmacy
- You may pick up flushable wipes and/or protective ointment for use after each bowel movement if you are concerned about skin irritation and soreness
- Stop taking vitamins, supplements, and herbal medications
- Stop eating any foods with nuts or seeds, including popcorn and bread with nuts or seeds
- **Arrange for a responsible adult to escort you safely home. If you arrive at the Endoscopy Center without these arrangements, your procedure will be cancelled**

### SUPREP: 2 DAYS BEFORE

Drink plenty of fluids today. Bowel prep solutions will not hydrate you. Review tomorrow's clear liquid instructions.

**No food after midnight tonight.**

## SUPREP: 1 DAY BEFORE

**Do not take oral diabetic medications tonight.**

**Do not take medications containing Ibuprofen or Naproxen (Advil, Motrin, Naprosyn, Aleve, etc.).**

- No alcohol
- Nothing red or purple
- Clear liquids only – no pulp. Examples: Juices (apple, white grape), broth, bouillon, tea, coffee (no milk or cream), sodas that are not red or purple, Gatorade, Jell-O, Popsicles, Kool-Aid, powdered lemonade
- Drink plenty of fluids, at least 8 ounces every hour
- If you like to drink liquids cold, you may prepare the SUPREP solution and refrigerate early in the day

**5 p.m.** Drink diluted SUPREP following instructions included in this kit. Continue drinking lots of liquids even after finishing your SUPREP solution

**If you have questions after 5 p.m., you may call the GI physician on call at 503-640-1614.**

## SUPREP: DAY OF PROCEDURE

**Do not take insulin or diabetic medication prior to procedure.**

- 4 hours before procedure drink second portion of diluted SUPREP following instructions included in this booklet. Drink the entire dose, even if stools are already watery
- Do not have any drink, gum or candy within 2 hours of your colonoscopy
- Do not apply ointment to rectal area before procedure
- **1 hour after SUPREP completed, take heart, blood pressure, seizure and thyroid medications with sips of water**

## Bowel prep instructions: Miralax/Dulcolax

Non prescription Miralax/Dulcolax bowel prep may be used if SUPREP is cost prohibitive. Suprep generally provides more reliable results.

### MIRALAX/DULCOLAX: 5 DAYS BEFORE

- Purchase Miralax (8.3 ounce bottle), 64 ounce bottle of Gatorade, AND container of oral Dulcolax (biscodyl) tablets (5 mg) – you will need 4 tablets. No prescriptions needed
- You may pick up flushable wipes and/or protective ointment for use after each bowel movement if you are concerned about skin irritation and soreness
- Stop taking vitamins, supplements, and herbal medications
- Stop eating any foods with nuts or seeds, including popcorn and bread with nuts or seeds
- **Arrange for a responsible adult to escort you safely home. If you arrive at the Endoscopy Center without these arrangements, your procedure will be cancelled**

### MIRALAX/DULCOLAX: 2 DAYS BEFORE

Drink plenty of fluids today. Bowel prep solutions will not hydrate you. Review tomorrow's clear liquid instructions.

**No food after midnight tonight.**



## MIRALAX/DULCOLAX: 1 DAY BEFORE

**Do not take oral diabetic medications tonight.**

**Do not take medications containing Ibuprofen or Naproxen (Advil, Motrin, Naprosyn, Aleve, etc.).**

- No alcohol
- Nothing red or purple
- Clear liquids only – no pulp. Examples: Juices (apple, white grape), broth, bouillon, tea, coffee (no milk or cream)
- Sodas that are not red or purple, Gatorade, Jell-O, Popsicles, Kool-Aid, powdered lemonade
- Drink plenty of fluids, at least 8 ounces every hour

**3 p.m.** Take 4 Dulcolax (5 mg) tablets by mouth

**4 p.m.** Mix 8.3 ounce bottle of Miralax into 64 ounce bottle of Gatorade. Drink HALF of solution at a rate of 8 ounces every 15 minutes.

**If you have questions after 5 p.m., you may call the GI physician on call at 503-640-1614.**

## MIRALAX/DULCOLAX: DAY OF PROCEDURE

**Do not take insulin or diabetic medication prior to procedure.**

- 4 hours before procedure drink remaining Miralax/Gatorade solution at a rate of 8 ounces every 15 minutes
- Do not have any food, drink, gum or candy within 2 hours of your colonoscopy
- Do not apply ointment to rectal area before procedure.
- **1 hour after MIRALAX completed, take heart, blood pressure, seizure and thyroid medications with sips of water**

## Bowel prep instructions: GOLYTELY

Golytely bowel prep is an effective low cost option, but a high volume of liquid to drink.

### GOLYTELY: 5 DAYS BEFORE

- Purchase Golytely at your pharmacy using provided prescription
- You may pick up flushable wipes and/or protective ointment for use after each bowel movement if you are concerned about skin irritation and soreness.
- **Arrange for a responsible adult to escort you safely home. If you arrive at the Endoscopy Center without these arrangements, your procedure will be cancelled**
- Stop taking vitamins, supplements, and herbal medications
- Stop eating any foods with nuts or seeds, including popcorn and bread with nuts or seeds

### GOLYTELY: 2 DAYS BEFORE

Drink plenty of fluids today. Bowel prep solutions will not hydrate you. Review tomorrow's clear liquid instructions.

**No food after midnight tonight.**

## GOLYTELY: 1 DAY BEFORE

**Do not take oral diabetic medications tonight.**

**Do not take medications containing Ibuprofen or Naproxen (Advil, Motrin, Naprosyn, Aleve, etc.)**

- No alcohol
- Nothing red or purple
- Clear liquids only – no pulp. Examples: Juices (apple, white grape), broth, bouillon, tea, coffee (no milk or cream)
- Drink plenty of fluids, at least 8 ounces every hour=
- If you like to drink liquids cold, you may mix and refrigerate the Golytely early in the day

**5 p.m.** Drink first half of Golytely with the goal of 8 ounces every 15 minutes, drinking quickly rather than sipping. Continue drinking plenty of fluids even after finishing your Golytely. If you get chilled, drink warm liquids.

**If you have questions after 5 p.m., you may call the GI physician on call at 503-640-1614.**

## GOLYTELY: DAY OF PROCEDURE

**Do not take insulin or diabetic medication prior to procedure.**

- 4 hours before leaving home, drink second half of Golytely, using same method. Drink the entire dose, even if stools are already watery
- Do not have any drink, gum or candy within 2 hours of your colonoscopy
- Do not apply ointment to rectal area before procedure
- 1 hour after Golytely completed, take heart, blood pressure, seizure and thyroid medications with sips of water.
- **1 hour after GOLYTELY completed, take heart, blood pressure, seizure and thyroid medications with sips of water**

## Check in

Check in at the reception desk located outside the elevators on the third floor. Your arrival time is planned for 1 hour prior to your scheduled procedure.

The adult responsible for accompanying you home is invited to come with you into the endoscopy center, where we will verify transportation arrangements and post-procedure care. They may then either remain in the unit or return to the waiting room.

### Admission

On arrival, you will present your insurance card and photo ID to the registrar on the third floor.

You will have a private room in which you will go through the admission and recovery process. Discharge instructions will be reviewed with you during the admission process.

### Before and during your procedure

In the procedure room, your nurses will prepare you for the procedure by answering any remaining questions and making you as comfortable as possible.

You will talk with your sedating nurse about the sedation process. Your physician will speak with you in the procedure room before you receive sedation.

Your physician and two nurses will remain with you throughout your procedure, during which you will be lying on your left side in a comfortable sleeping position.

No friends or family are allowed in the room during the procedure. Filming or picture taking is not allowed within the OHSU Tuality Endoscopy Center. This is to protect the privacy of our patients during their stay.

## CHECK IN AND POST PROCEDURE

Please bring with you the following:

- Insurance card and photo ID.
- This booklet with highlighted patient portions completed.
- Reading glasses if needed for reading and signing of forms.
- Wear comfortable clothing and shoes that are easily removed and put on.

Please do not bring: Money, jewelry, or other valuables.

**Your total time with us is anticipated to be approximately 2-3 hours.**

**Do not come for your sedated procedure without having a responsible adult to receive discharge instructions and escort you safely home. You may not drive after your procedure, nor may you walk or take transportation that does not take you to your home address. If these conditions are not met, your procedure will be cancelled for your safety.**



## Discharge and follow up

Discharge will take place once you are recovered from sedation and have safe transportation home.

Your nurse will review findings with you before discharge. Your memory may be impaired from the medication you received for sedation, so written instructions and findings will be sent home with you.

Plan to rest at home the remainder of the day after your procedure, avoiding activities or responsibilities. Even if you feel alert after the procedure, your judgement and reflexes may be impaired for the rest of the day. You will be instructed not to drive or operate machinery for 24 hours after receiving sedation.

A responsible adult must escort you home and it is recommended that you have someone at home with you the rest of the day.

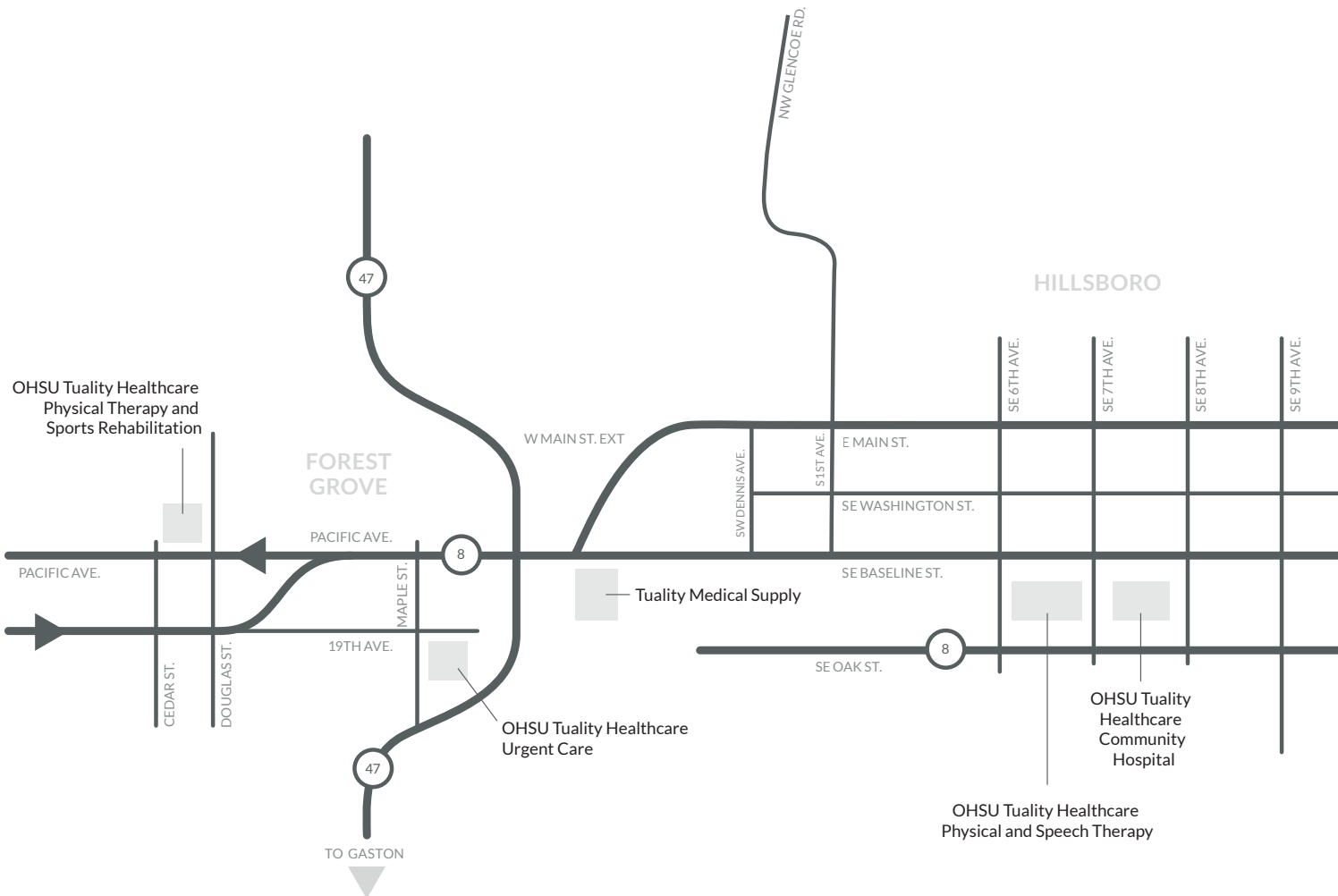


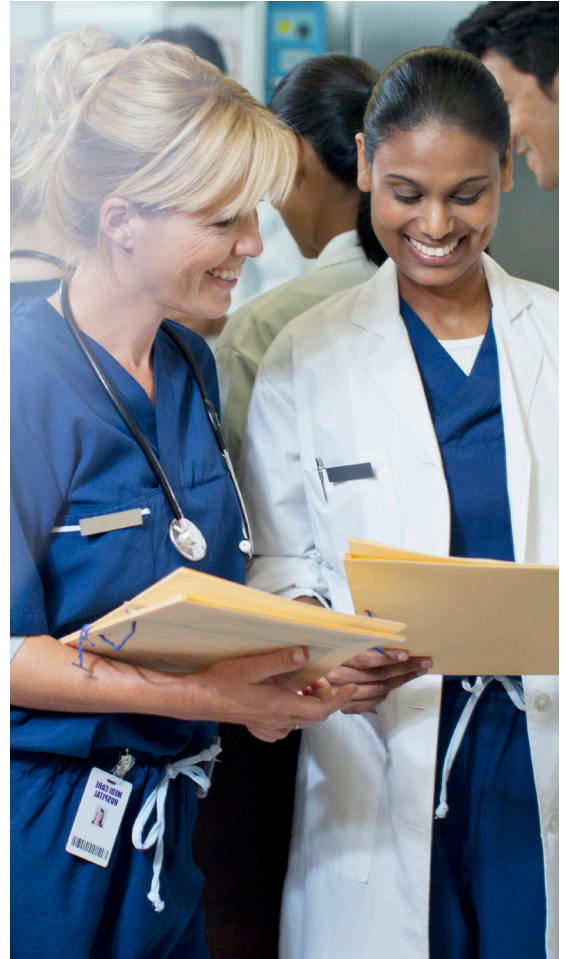
## Parking

Parking is accessible from either 6<sup>th</sup> or 7<sup>th</sup> Ave and is located on the west side of the building.

Our campus is also served by TriMet — The OHSU Tuality Healthcare Hospital/Southeast 8th Avenue MAX station is located one block north of the hospital. Be advised, patients who have received moderate sedation may not take TriMet transportation home.

Handicap-accessible parking and endoscopy patient pick-up is located in the covered parking area on the north side of the building, adjacent to Baseline Street.





The OHSU Tuality Endoscopy Center is located on the third floor of the Tuality 7<sup>th</sup> Avenue Medical Plaza, across from the OHSU Tuality Healthcare Community Hospital Emergency Department at:

**333 S.E. 7<sup>th</sup> Avenue, Suite 3300,  
Hillsboro, OR 97123  
503-681-1675**

OHSU Tuality Endoscopy Center  
333 S.E., 7th Avenue, Suite 3300  
Hillsboro, OR 97123



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OHSU Tuality Healthcare accepts most health plans.  
OHSU Tuality Healthcare is an equal opportunity, affirmative action institution.