

*You have been scheduled for an endoscopic procedure at the Endoscopy Center of Connecticut. Reading through all the information provided below at least one week prior to your procedure will ensure you are properly prepared. Please complete and bring the enclosed Medication Form with you the day of your procedure.*

2200 Whitney Avenue, Suite 380

Hamden, CT 06518

1591 Boston Post Rd. Ste. 206

Guilford, CT 06437

[www.Endocenterct.com](http://www.Endocenterct.com)

**Before your procedure,**

Please contact us at **(203)281-4463** if:

* You are experiencing **COVID-19** like symptoms to reschedule your procedure.
* You are unable to keep your scheduled appointment.
* You should have any change in your health including hospitalizations, a cold, flu, or infection.

Please contact us at **(203) 281-3636** if:

* There is any chance you may be pregnant.
* You have tested positive for COVID-19 within the last 30 days.

Please contact us at **(203) 287-2918** if:

* There is a change of your insurance

**Our Policies**

**Valuables**

Please leave all jewelry (including removal of any facial piercings such as tongue, lip and cheek) at home. All jewelry must be removed prior to the procedure and ECC will not accept responsibility for your personal valuables.

**Facial/Oral Piercings**

All facial and oral piercings including tongue, lip, nose, cheek and brow must be removed for all endoscopy procedures. Inability to remove your piercings prior to procedure will result in cancellation.

**Weapons**

The Endoscopy Center has strict no-weapons policy even for off-duty law enforcement officials. Leave all weapons at home.

**Cell Phones**

Cell phones are prohibited inside the patient care area of the Endoscopy Center. If you bring a cell phone, you will be asked to power down the phone and it will be stored safely for you until discharge.

**Marijuana**

Your procedure will be cancelled if Medical or Recreational Marijuana is used after midnight the evening before your procedure.



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**Our Policies (continued)**

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**Cancellation**

Cancellations with less than 48-hrs notice will be considered a missed appointment.

First missed appointment: $100.00 fee

Second missed appointment: We will no longer schedule at the Endoscopy Center.

**Transportation**

1. For your safety, you will not be permitted to drive until the day after your procedure. You must be accompanied by a responsible adult, 18 years or older, who will drive you home after the procedure.
2. Public transportation is acceptable as long as there is a responsible adult to accompany you to your home.
3. Unfortunately, we must cancel the procedure if you have not made the necessary transportation arrangements.

**Masks**

Masking is no longer required, but if a patient prefers masks to be worn by our staff while caring for them please ask. We are more than happy to accommodate your request.

**Insurance and Procedure Charges**

Please bring your Insurance cards, photo ID and facility co-pay with you the day of procedure. Please check your policy for co-pay responsibility. When you have a procedure performed at the Endoscopy Center of Connecticut, you can expect the following 4 separate charges:

* ENCOSCOPY CENTER OF CT will bill for the facility where the procedure is performed.
* ENCOSCOPY CENTER OF CT will bill for the anesthesiologist who administers anesthesia.
* PACT (Physicians Alliance of CT) will bill for the gastroenterologist who performs the procedure.
* PACT will bill for the pathologist if a biopsy is taken.

Please contact your insurance company directly to find out what your potential out-of-pocket costs might be. You may receive a call from our billing department with your expected payment prior to your procedure.



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 **Before your procedure, we will contact you**

Approximately 10 days before the procedure date: You will receive an automated call to remind you of the procedure date, which should prompt you to arrange for a ride, purchase the preparation and review the instructions.

2 to 4 days before your procedure date: A nurse will contact you for an anesthesia assessment and review your health history. It is important that a nurse speak with you prior to your procedure to ensure all goes smoothly for that day. If you are unavailable at the time of the call, please be sure to return the call to a nurse ASAP at (203) 281-4463.

**Frequently Asked Questions (FAQs):**

Preparing for Endoscopic Procedures

(Endoscopy and Colonoscopy)

**These questions are for both endoscopy and colonoscopy**

**How long will I be at the Endoscopy Center?**

You can expect the entire visit to last approximately 2 hours.

**What should I wear?**

Wear comfortable, easily removable clothing and slip-on shoes. Your shoes will remain on during your procedure. We will provide you with a patient gown and a bag for your clothing.

**Why do I have to remove and leave all jewelry at home?**

Jewelry is removed for your safety to eliminate any “potential” risk of burn during the procedure if electrocautery is used. ECC will not accept responsibility for jewelry worn in and removed so you are asked to leave jewelry home.

**Why do I have to remove all facial and oral piercings?**

Piercings must be removed for your safety. They can be both an obstruction and something for equipment to get caught on while you are under sedation.



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**Will I be able to speak with the doctor after my procedure?**

The gastroenterologist who performed your procedure will meet with you and your significant other (if you approve) briefly, while you are resting in the recovery room and review the

findings. You may not remember this meeting due to side effects from the sedatives so you will be given the option of scheduling a follow-up visit at the time of discharge.

**When will I receive the results of my procedure?**

You will be given a hard copy of the preliminary results at the time of discharge. However, it will take about one week to receive the results of any polyp biopsies or removals. The office will call you with the results.

**How will I feel after the procedure?**

You may be sleepy and have some abdominal bloating for a while. Most patients may return to full activity including work the following day, unless otherwise instructed by their physician at the time of discharge. After a polypectomy, your physician may recommend that you allow 2 weeks before traveling.

**Why can’t I drive myself home after my procedure? Why do I need an adult to accompany me if I’m using a bus or taxi service?**

You may be sleepy, uncomfortable, nauseated, or simply not yourself for several hours after your procedure. In addition, your reflexes will be poor as a result of the sedatives. For this reason you will not be able to drive (or operate heavy machinery) and you will need a responsible adult (18 yrs or older) to accompany you and make sure that you get home safely. If you do not arrange for transportation from the endoscopy center, for your safety your procedure will be rescheduled.



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 **These questions are for colonoscopy only**

**I do not have my prep instructions, where do I get them?** Please go to [www.endocenterct.com](http://www.endocenterct.com)

and go to the drop down “For Patients” then “Preparing for Procedure.” All prep instructions are listed. Please click on the one your Physician prescribed.

**Why can’t I drink anything for 3-hrs before my procedure?**

During your procedure, sedatives will be given which affect your body’s ability to hold liquid in your stomach. Drinking on the day of your procedure after the three –hour cutoff increases the risk of liquids traveling to your esophagus and lungs which may result in pneumonia or life –threating complications.

On the day of your procedure you may continue with clear liquids, including the remaining prep (for colonoscopy) for up to 3-hrs before your arrival time**. If you drink anything after the three-hour cutoff time, for your safety the procedure will be rescheduled.**

**Can I have milk or cream in my coffee?**

Unfortunately, dairy is not a clear liquid. You may have black coffee or tea only.

**Why do I have to drink so much liquid laxative? I’ve heard that there are alternatives, such as pills, that can help me prepare for my colonoscopy instead.**

Alternative laxative preparations are available. However, they contain sodium phosphate, a chemical that can cause health complications especially if you are older or have heart or kidney problems. Your gastroenterologist will help you decide which laxative preparations are safest and most effective for you.

**What happens if I start drinking the liquid laxative and I become nauseated or start vomiting?**

Take a thirty-minute break and then try again. Pace yourself, don’t rush. Drinking the liquid laxative more slowly may also help. For instance, if you are using Nulytely, GoLytely, Colyte, or Miralax, try drinking four ounces every 15-20 minutes. If your stomach is upset, try ginger tea, “flat” Coke or warm broth. If you continue to have problems, call the office at (203) 281-4463.

**How long does it take the liquid laxative to work? What do I do if nothing happens?**

The liquid laxative should take effect within three hours. If you don’t begin to have frequent and loose bowel movements within that time, a Dulcolax rectal suppository from the drugstore may help. Place one suppository in your rectum; repeat in an hour if needed. If you continue to have problems, call the office at (203) 281-4463.

**What happens if I forget to stop taking aspirin, anti-coagulants, or blood thinners?**

Stop taking them immediately and call the office at (203) 281-4463. These medications increase your risk of bleeding, which is why we recommend that you stop taking them seven days before your colonoscopy. Our staff will help you determine whether or not your procedure will need to be rescheduled.