

Patient Instructions:

Please see below for instructions which should be followed to support your participation in your care. Please follow any additional instructions given by your physician.

Before Your Arrival:

- Your physician's office will schedule your procedure with our facility.
- Please notify your provider office immediately if you develop any cold or flu-like symptoms, have an infection and are put on any antibiotics, or have recently been admitted to a hospital for any reason.
- Approximately one to three weeks before your procedure, you will receive a text and/or an email with a secure link instructing you to complete an **online health history**. Your online health history is required and assists our anesthesiologist to plan your care. This can be completed on a computer, tablet or cellphone. You will receive **daily reminders** to do so until it is complete.
- If you do not have access to the internet, please call our pre-procedure nurse who will help you over the phone, 989-495-9100.
- Please call 989-495-9100 after 1:00pm the day before your scheduled procedure date to obtain your **arrival time**.
- If this required questionnaire is not completed within two business days prior to your appointment, your procedure may be cancelled.

Colonoscopy/EGD Patients:

- Procedure Prep - Follow instructions regarding your physician's **clear liquid diet and prep directions**.
(If you have any questions regarding your prep instructions, please contact the physician's office for clarification.)
- You can have clear liquids only, until 4 hours prior to your assigned arrival time. After that, nothing by mouth.
- Please notify the Surgery Center ASAP if:
 - You cannot see through to the bottom of the toilet after you have finished the entire prep.
 - You were unable to complete or vomited during the prep.

Non-Colonoscopy Patients:

- **Nothing by mouth** (including gum and candy) **after midnight** the night before your procedure. (This is in case your physician needs to move up your procedure to an earlier time.)

All Patients:

- **Blood Thinning Medications:**
 - If you have not been instructed by your physician or physician's office related to blood thinning medications, either prescribed or over the counter, please contact your physician's office for instructions.
 - Examples of these medications may include but are not limited to:
 - Aspirin, fish oil, vitamin E, coumadin, etc.
- **NSAIDS:** (non-steroidal anti-inflammatory drugs):
 - If you have not been instructed by your physician or physician's office related to NSAIDS. (Aspirin, Ibuprofen, Motrin, Naproxen, Aleve, Advil, etc.) please contact your physician's office for instructions.
- **Medications used for Diabetes and/or Weight Loss:**
 - Some medications are used to treat diabetes or to support weight loss and need to be stopped at least one week prior to your procedure. Please call 989-495-9100 and ask for a pre-procedural nurse to verify if your medication needs to be stopped or if your procedure date needs to be postponed.
- **Do not take AM Insulin** prior to procedure; bring insulin and a syringe with you.
- Do not consume alcohol, marijuana or tobacco products for 24 hours prior to your procedure.
- You **may take** the following medications the morning of the procedure with a small sip of water:
 - Prescription pain medications
 - Antianxiety medications
 - Antidepressants
 - High Blood Pressure medications
 - Heart Medications
 - Inhalers
 - Seizure medications
- It is very important that you shower the night before or morning of your procedure. Do not apply lotions or powders to your skin. Do not wear makeup. In order to help prevent surgical site infections, do not shave the procedure site for 2 days prior to your surgical date.
- **Remove all jewelry, including any and all body piercings.** Leave all valuables at home.
- Bring a case for your eyeglasses or hearing aids.
- If you wear **contact lenses**, please remove before coming to facility or bring in case to remove them.
- Bring a complete medication list that includes dosage information.
- Space is limited in the waiting room. Please limit your responsible party to two.
- Have a responsible adult (18 years or older) that can remain on site for the duration of your procedure, available to listen to discharge instructions and drive you home.
- Photo ID and insurance card will be **REQUIRED** at registration or your procedure may be cancelled.

Patients Who are Minors:

- Those under 18 years of age must have a parent or legal guardian in attendance throughout their entire stay.

Patients with Legal Guardianship

- Legal Guardianship documents must be provided at registration and the guardian be onsite. If the Legal Guardian is unable to be present on the day of procedure, the consents and guardianship paperwork must be obtained by the facility prior to the day of procedure.

The Day of Your Procedure:

- You will be brought back to the preoperative area and a nurse will perform an assessment of your health history and current health status, vital signs, review all medications and prepare you for the procedure as necessary.
- Anesthesia will:
 - Interview you if you are receiving anesthesia.
- Your physician or physician delegate will:
 - Greet you, mark your surgical site if needed, and be available to answer any questions you may have.
 - Your driver will need to remain on site for the duration of your procedure.

After Your Procedure

- You will be transferred to the recovery area.
- When you are awake and comfortable, your driver will be notified by text or phone call with instructions on where to park and enter the building to join you in the recovery area.
- A drink and snack will be offered.
- Discharge instructions will be reviewed with you and your driver by your post-op nurse and a copy given to you prior to discharge.
- Any necessary prescriptions will be provided by your physician for you to take to the pharmacy of your choice.
- Should you feel unwell after returning home from your procedure, please contact your physician's office.
- A nurse will follow up with you by telephone one business day after your procedure to support your recovery.

Billing Information

- You can expect to receive multiple bills related to your procedure. These may include, but are not limited to:
 - Physician (individual fees)
 - Anesthesia (individual fees)
 - Laboratory (if applicable testing fees)
 - Great Lakes Bay Surgery and Endoscopy Center (facility fees)