

---

---

**Ambulatory Endoscopy Center, North**

Baptist Medical Center  
3366 NW Expressway, Ste 400  
Oklahoma City, OK 73112  
(405) 702-1310

**Ambulatory Endoscopy Center, South, LLC**

Southwest Medical Center  
4201 S Western Avenue  
Oklahoma City, OK 73109  
(405) 635-3700

---

---

*Free valet parking is available on the south side of Building D*

In 1994, physicians at DDSI established our ambulatory endoscopy center (AEC) in keeping with their goal of providing the best endoscopic treatment possible. One of the most modern centers in the region, the AEC has earned an outstanding reputation for the high level of care our patients receive. The Accreditation Association for Ambulatory Health Care (AAAHC) attests to our high standards and continued excellence.

Like the physicians who are associated with Digestive Disease Specialists, Inc., the nursing and technical staff at the AEC also specializes in gastrointestinal care. They are highly trained and will play an important role during your visit to the AEC.

- We wish to inform you that your DDSI physician is part owner of the facility where you will have your scoping procedure.
- In the rare instance of cardiac or respiratory distress, it is DDSI's Policy to provide CPR and other resuscitative efforts to revive the patient. **If you have an Advance Directive, or wish to have information about it, you should contact your DDSI physician immediately to discuss this further.**

## **Patient Instructions for an Endoscopy Procedure**

### **Preparation**

Please bathe or shower prior to your procedure. For those having a **colonoscopy**, please remember that after you complete your bowel prep, **you may not have any solid food until after your procedure**. Please refer to your instruction packet for specific details about when to stop your clear liquid diet.

- **Special Needs:**

Some needs require special instructions and medical care. Please make sure that your physician and his staff are aware of any special needs you may have. **If you have any of the following illnesses or devices, and you are NOT clear as to how to prepare for your test, or you are not confident that your physician is aware that you have such needs, please call your physician's office for further instructions:**

- *Diabetes*
- *Blindness or Deafness*
- *Paraplegia or Quadriplegia*
- *An Amputation*
- *Cerebral Palsy*
- *Severe Emotional Needs*
- *Pacemaker*
- *Defibrillator*
- *Nerve Stimulator*
- *Insulin Pump*

- *Stroke*
- *Morbid Obesity*
- *A Tracheostomy*
- *An Ostomy*
- *Kidney or Liver Failure*
- *On Dialysis*
- *Heart Valve Replacement*
- *Using Oxygen*
- *Have Sleep Apnea and Using CPAP Or Bipap*
- *Unable to Speak or Read English*
- *Take Anticoagulants (Blood Thinners)*
- *Have a Fear of Needles*
- *Latex Allergy*

- **What to Bring:**

- Photo identification (driver's license)
- Insurance Card
- All **completed** paperwork that was mailed or given to you
- List of your current medications and doses per day
- List of your allergies to foods, drugs and other substances
- Any co-payments that your insurance requires you to pay
- We request that you make arrangements for childcare on the day of your procedure. If you must bring small children to the facility, please bring something to keep them occupied for at least a couple of hours.
- Please leave all jewelry, valuables, and cell phones, at home or with the person accompanying you. We cannot be responsible for lost items.

- **What to Wear:**

Please wear comfortable two-piece clothing that is easy to remove and put back on. Please do not wear panty hose, stockings, girdles, and clothing with excessive buttons, snaps, zippers, or pants that require belts. Avoid shoes with high heels. We recommend sweat suits or warm-up outfits with elastic waistbands.

- **We Request More Than a Driver:**

You must have a licensed driver accompany you to your appointment. This person needs to remain in the facility waiting area until the procedure is completed. We ask that this person **does not leave** the facility. Please consider finding "more than just a driver" to accompany you. After the procedure, you will be drowsy and your memory will be foggy. With your permission, the physician will give the person accompanying you some test results. Many patients continue to feel sleepy and forgetful for several hours after the procedure. For this reason, we recommend that you are not alone for eight (8) hours after your test.

### **During Your Visit...**

All procedures are performed on an outpatient basis, and each patient's privacy is respected and safeguarded throughout the visit. At any point during your visit, our staff will be available to make you more comfortable and answer any questions. From start to finish, you will spend about 2½ hours at our center.

- **Registration Area:** Our receptionist will greet you, and ask for any paperwork that you might have received from our office, your photo ID, and a copy of your insurance card. You may have to read and sign a few forms. You will be asked to pay any co-pays that your insurance may require.

- **Pre-Procedural Area:**  
A nursing staff member will call you from the waiting room to this area. You will be asked to dress in a gown. Your belongings will be secured. The nurse will review your health history and take your blood pressure, pulse and temperature. With a painless device that is clipped onto your finger, the nurse will measure your oxygen level. You must sign permission for the procedure and home instructions. You will have an “IV” started through which you will receive your sedation medication. This process takes about a half hour.

- **Procedural Area:**  
You will be taken to the procedure area by a registered nurse, who will have you lie on a stretcher. Along with the nurse, the physician and a technician will be in the room during the procedure. Your blood pressure, pulse, oxygen amount and heart pattern will be carefully monitored throughout the procedure. The nurse will remove your glasses, but contacts may be worn. For scoping procedures through your mouth, you must remove your dentures and tongue jewelry if applicable. You will be made comfortable with medication through the IV. Some patients voice nervousness about saying something embarrassing while in a sedated state, this is rare.

**Infection Control: Please note that our center follows scope disinfection procedures that have been inspected and approved by the Oklahoma State Health Department and AAAHC. Multiple quality controls are monitored to ensure your safety.**

- **Recovery area:**  
You will still be lying on the stretcher as the staff rolls you into this area. You may or may not have awareness of moving to our recovery room. After the procedure, the nurse will continue to monitor your blood pressure, pulse and oxygen level. You may experience bloating and feel the need to belch and/or pass gas. This is normal. During the procedure, air is used to gently inflate your GI tract, so that the scope can pass easily. The staff will encourage you to pass air. As your awareness increases, you will dress and sit in a recliner chair, and receive a drink of juice or water. The physician will give you and your driver (if you have given permission) basic test results. If you required a biopsy, the tissue is sent to a pathologist for review. The physician or his staff will contact you with those results. You will be in this area about 45 minutes.
- **At Home, After the Procedure:**  
Before you leave, you will be given written home instructions regarding your diet, medication, future appointments, and a contact number for your physician. From the moment that the sedation is given until hours later, patients vary in their alertness, and ability to recall events. Many patients experience “snap shots” of memory with gaps in between. Because of this, we recommend that you go home and go to bed and that someone remains with you for at least eight (8) hours after your procedure.

**We hope that this information has answered your questions. However, please don't hesitate to call our staff at one of the phone numbers above if you have further questions.**