

Insert Prep Instructions Here

Directions to the Middlesex Endoscopy Center

From Points North or South

- Take Route 9 to exit 21 for Randolph Road/CT 155
Turn RIGHT onto Randolph Road/CT 155
Turn LEFT onto Saybrook Road. Proceed down Saybrook Road for about 0.7 of a mile
Turn RIGHT at HERITAGE MEDICAL CENTER
Follow the driveway bearing RIGHT to the upper level
At the stop sign take a LEFT
The Endoscopy Center is the second building with the GREEN roof
Enter the building through the main, center door and straight into Suite 200, MEC (Middlesex Endoscopy Center)

From Points East of the Portland Bridge

- Take Route 66W over the Portland Bridge.
Remain straight on Main Street.
Main Street Extension turns into Saybrook Road.
Take a LEFT at HERITAGE MEDICAL CENTER
Follow the driveway bearing RIGHT to the upper level
At stop sign take a LEFT
The Endoscopy Center is the second building with the GREEN roof
Enter the building through the main, center door and straight into Suite 200, MEC (Middlesex Endoscopy Center)

Directions to Middlesex Hospital

From Points North

- Take Route 9 South to Exit 13 (Route 17)
At the light turn right onto Route 17
Turn right onto Crescent Street (this is now a one-way street)

From Points South

- Take Route 9 North to Exit 22 (Bow Lane)
Turn left onto Bow Lane
At the stop sign, turn right onto Saybrook Road
At the fourth left, turn onto the Route 9 off ramp for Route 17
At the light turn right onto Route 17
Turn right onto Crescent Street (this is now a one-way street)

From Points East of the Portland Bridge

- Take Route 66W over the Portland Bridge
At the light turn left and follow onto Route 9 South
Take Route 9 South to Exit 13 (Route 17)
At the light turn right onto Route 17
Turn right onto Crescent Street (this is now a one-way street)

Your Colonoscopy Brochure

Your Procedure is scheduled for:

Date: \_\_\_\_\_

with Dr.: \_\_\_\_\_

Location: \_\_\_\_\_

Office Locations

- 410 Saybrook Road, Suite 201 • Middletown, CT 06457
12 Bokum Road • Essex, CT 06426
1353 Boston Post Road • Madison, CT 06443
14 Jones Hollow Road • Marlborough, CT 06447

Phone (860) 347-4620 • Fax (860) 346-9687

www.middlesexgastro.com

Procedure Locations

Middlesex Endoscopy Center
410 Saybrook Road, Suite 200
Middletown, CT 06457

Middlesex Hospital
28 Crescent Street
Middletown, CT 06457

## Colonoscopy Information

### What is a colonoscopy?:

A flexible lighted tube fitted with a tiny video camera on the end is inserted into the rectum. The inside of the rectum and entire colon can be viewed for polyps, cancer, or diseases such as Ulcerative Colitis or Crohn's disease.

### Reasons for a Colonoscopy:

Most colorectal cancers start as non-cancerous polyps (fast growing cells that line the inside of the colon and may become cancer). A screening colonoscopy can find and often remove the polyps before they develop into cancer. If cancer is already present, finding it early, before it causes symptoms or spreads, can increase your chances of a full recovery.



If you have any questions regarding your upcoming procedure, please contact our medical staff at (860)344-5980

## Pre-Testing/Medication Information

**Avoid eating seeds, nuts and high fiber foods for 3 days prior to your procedure. (Examples: grains, broccoli, spinach, apples, beans, etc.)**

**Do not** take any vitamins, herbal or diet medications 1 week prior to your procedure. Check with your physician regarding any prescription and/or over the counter medications that you may take.

**If you are on a blood thinner**, you will need to stop taking these medications \_\_\_\_\_ days before your procedure. Prior to stopping your blood thinner, please discuss with your primary care physician and/or cardiologist.

### For patients taking insulin or injectables:

---

---

---

---

### Required Labs/Testing:

- No Required Testing**
- Bloodwork** - Take the lab slip to one of the lab facilities listed on the form. If you need to have PT/INR lab work, this must be done early in the morning the day before your procedure.
- EKG (electrocardiogram)** - Take the lab slip to one of the lab facilities listed on the form.

## Additional Information

- If you are scheduled at **Middlesex Endoscopy Center** call between **2:00pm-3:00pm** the day before at (860)343-1240 to get your arrival time. If you are scheduled on a Monday, call the Friday before. **MGA is unable to give an arrival time for your procedure.**

- If you are scheduled at **Middlesex Hospital**, they will call you the day before your procedure between **2:00pm and 5:00pm**. They will conduct a medical history and give you an arrival time.

### Cancellation Policy:

If you need to cancel or reschedule your procedure, please call at least 3 business days in advance. If you no show to your procedure or cancel in less than 3 business days may result in a \$100.00 no show or last minute cancellation fee.

### Day of Procedure:

- **Do Not Drink** or have anything by mouth 4 hours prior to your arrival time.
- Take any scheduled medications as instructed by provider.
- Dress in loose, comfortable clothing, and do not bring any valuables with you.
- Bring current a drivers license or government issued ID, insurance card(s) and co-payment or pre-payment (if any).
- **You must have a responsible adult drive you from the procedure and stay with you overnight.**
- **Do not smoke tobacco or marijuana day of the procedure.** If we suspect you are under the influence your procedure will be canceled.