

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

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

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.

- ☐ 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.