

Denver Endoscopy Center

8155 E 1st Ave, Denver, CO 80230 | [\(303\)-344-4844](tel:303-344-4844) | denver-endocenter.com

Before Your Procedure

One Medical Passport

You must register with One Medical Passport to complete your health history forms.

Note: This is separate from the health history you provided to your doctor and is a **crucial** step in providing you excellent care.

To begin registration, please visit:

<https://www.onemedicalpassport.com/?fid=729>

- 1) If you are a new user, click “Register.”
- 2) If you are a returning user, sign into your account.
- 3) When prompted to “select your medical facility,” select “Denver Endoscopy Center.”

Additional Help:

ONE | MEDICAL PASSPORT

1 New to One Medical Passport?
Patients, Register to Create an Account
Register >>

- OR -

2 Welcome Back
Sign In to Your Account

Your Medical Facility

Select the state where your medical facility is located
CO

3 Select your medical facility
Denver Endoscopy Center (Denver)

If you are unable to access a computer to complete your health history online, please call us during business hours at [303-344-4844](tel:303-344-4844) to complete your history over the phone.

Pre-Operative Preparation

- Please refer to the preparation instructions provided by your physician’s office via email.
- **Colonoscopy Patients—if you have not received yet your prep prescription, please contact us ASAP and we will communicate with your doctor’s office on your behalf:**
 - ⇒ Ask for Angela or Michelle at Denver Endoscopy: [303-344-4844](tel:303-344-4844)
- COVID-19 Testing
 - ✗ Patients do not need to have a COVID-19 test prior to their procedure.
- Please arrange transportation to and from the facility. Due to the after-effects of sedation, you cannot drive for at least 12 hours after your procedure. We require that you be discharged to a responsible adult, so you *may not utilize* a taxi, Lyft, Uber, or other ride service for transportation home from your procedure.

Financial Information

- This section pertains only to the amount you may owe to Denver Endoscopy Center. You may receive multiple bills as there are separate entities involved in your care, including your physician’s office.
- Our Central Business Office should contact you 3-5 days prior to your procedure with financial information.
- If you have not received information regarding your copay, coinsurance, and deductible for the Denver Endoscopy Center portion of your fee by 3 days before your procedure, please contact our Central Business Office at [720-979-0010](tel:720-979-0010).

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Day of Your Procedure

Please Bring the Following:

- Wear loose-fitting comfortable clothing
- Driver's license/Photo Identification
- Insurance card
- Form of payment
- A driver—due to the effects of anesthesia, you may not drive for at least **12 hours** after your procedure. Please note that you may not utilize a taxi, Lyft, Uber, or other ride service for transportation home from your procedure.
- A jacket or other warm clothing if you get cold easily

After Your Procedure

- Expect to stay in our recovery unit for around 30 minutes. You will not be discharged until you are deemed medically ready to do so.
- Your physician will review the initial findings from your procedure while you are in the recovery unit. However, due to the after-effects of anesthesia, you might not re-member this conversation. You will also receive a procedure report to review, and a nurse will call you the day after your procedure for follow up.
- Your ride home will be contacted 30 minutes before you need to be picked up.
- If authorized by HIPAA, your results will be reviewed with your driver as well.
- Post-operative instructions will be given to your driver. They are also on the following page for your reference.
- **Lab Results:** If you had any biopsies performed, your physician's office will contact you approximately 2 weeks after your procedure with the pathology results.
 - Denver Digestive Health Specialists: [303-355-3525](tel:303-355-3525)
 - Colorado Gastroenterology: [303-861-0808](tel:303-861-0808)

Arrival

- Please arrive **1 hour** before your scheduled procedure time.
- Due to COVID-19 protocols, **only patients are allowed in the waiting room. Your driver will be called once you enter recovery. Drivers may accompany you while you are in recovery.**
- If you have not already provided your health history through One Medical Passport, you will be asked to complete your health history in the waiting area.
- If you feel feverish, or had a recent fever greater than 100.0, cough (not related to allergy or chronic lung disease, shortness of breath, or been diagnosed with COVID-19 within the last 10 days, or awaiting results of COVID 19 test, call Denver Endoscopy Center right away.



Directions

Free parking in front of the facility.

[Google Maps](#)

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Post-Procedure Instructions

A nurse will review these instructions with you before your procedure to ensure your understanding and answer any questions you may have. You may receive additional instructions specific to you after your procedure.

- Due to the long acting effects of the sedation you received during your procedure, we advise you NOT to drive a car, operate any machinery, consume alcohol, or return to work for at least twelve (12) hours.
- When you return home, you may resume your regular diet unless otherwise directed.
- Gaseous discomfort is normal and expected immediately after your examination. Passing gas and belching is normal. Bending and flexing your knees while lying down may help relieve gas. A heating pad (on a low setting) to your abdomen may also help you feel more comfortable.
- You may develop a lump and/or redness at the site where your medication was given during the procedure. If the area is tender, apply a warm compress (washcloth soaked in warm water) to the area for 10 minutes, four (4) times per day, for two to three (2-3) days. If pain, redness, or swelling lasts for more than four (4) days, please report this to your physician.
- Biopsy results are usually available within one to two weeks. Please call your doctor if you have not heard from the doctor's office within two weeks following your procedure.
- Resume usual activity in the morning.

Notify your doctor immediately if you develop any of the following symptoms:

- Severe pain
- Black tarry stools
- Rectal bleeding
- Vomiting blood
- Temperature over 100.5°F

A physician may be reached for emergencies 24 hours/day, 7 days/week by calling your doctor's office:

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- Colorado Gastroenterology: [303-861-0808](tel:303-861-0808)

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Tips for After Your Procedure

Post-Procedure Nausea

- **Drink Water as Soon as Possible:**

When you get out of sedation, you will likely be dehydrated from your pre-treatment fast. This factor is significant because your body decreases its functionality when it doesn't have what it needs. Fortunately, you can get things started up again by drinking a cup or two of water. Doing so will signal to the rest of your body that it is time to wake up and start eating, and your nausea should subside.

- **Try Tea of a Carbonated Beverage:**

Your next step after water is moving on to a different drink. Some people love the way tea settles their stomach, and report that ginger and green teas are the best varieties to try. Others prefer a carbonated beverage, such as a club soda. When you come out of your sedation, try these drinks out and see what agrees with you.

- **Each a Stomach-Friendly Meal:**

Though most people find that their nausea is gone after just a few hours, others experience extended symptoms. If this is the case for you, don't hesitate to call your doctor on the phone number provided on your post-procedure instructions. If your physician determines your nausea warrants medication, they will submit a prescription to your designated pharmacy.

We hope that after reading these tips, you are more comfortable with nausea you might feel after your sedation. While this feeling is unpleasant, it generally doesn't affect a significant proportion of patients. If you do experience post-procedure nausea, it should subside relatively quickly.

Conscious Sedation Information

What is conscious sedation?

- During a procedure, conscious sedation lets you stay awake and aware, without feeling discomfort and without the stronger side effects and dangers of general anesthesia. Some patients refer to it as "twilight sleep." Patients who receive conscious sedation are usually able to speak and respond to verbal cues throughout the procedure, communicating any discomfort they may experience to the provider. A brief period of amnesia may erase any memory of the procedures. Conscious sedation does not last long, but it may make you drowsy.

What are the effects of conscious sedation?

- Sedation may slow your breathing and the nurse may give you oxygen.
- Your blood pressure may be affected. IV fluids might be provided to stabilize your blood pressure
- Because sedation effects may linger, you may have a headache, nausea, and feel sleepy for several hours.

What should you do after conscious sedation?

- For your safety, a responsible adult must take you home. This person must be available when you are ready to be discharged home. It is recommended that you have someone with you for the remainder of the day.
- Do not drive, drink alcohol, use machinery, or sign legal documents for 12 hours after receiving sedation.