



## Follow-up Care

Once home, follow the instructions provided by your physician and nurse. Your physician's phone number has been provided, and you need to call his or her office directly with any follow-up questions or concerns.

If at any time you need immediate attention, come to the Emergency Department at MidState Medical Center, or dial 911 if you are alone.

At MidState Medical Center, we are committed to ensuring the best possible care and service for our patients and their families. Please let us hear from you about your experience at MidState by completing and mailing the postage-paid survey given to you upon discharge.

We know you can choose other hospitals for your care, and appreciate your choosing MidState Medical Center. The highest compliment you can give us is a recommendation to family and friends to obtain their care at MidState's Digestive Health Center, and to consider MidState for all your surgical, general health and emergency medical needs.

For general information about other MidState services and educational programs, call (203) 694-8200, or visit us online at [midstatemedical.org](http://midstatemedical.org)

### Directions to MidState

#### From Meriden:

From downtown: Take Main St. to Lewis Ave. north (toward Westfield Shoppingtown Meriden). The entrance to MidState is less than one mile, on right (opposite Westfield Shoppingtown Meriden entrance). From I-91 or Route 15: Take I-91 or Route 15 to I-691 west. Take exit 6, to traffic light on Lewis Ave. The entrance to MidState is directly across Lewis Ave.



#### From Cheshire and Southington:

Take I-691 east to exit 5, Chamberlain Hwy. Turn left off exit ramp and turn right at third traffic light. At first traffic light, turn right onto Lewis Ave. The entrance to MidState is on left (opposite Westfield Shoppingtown Meriden entrance).

#### From Wallingford:

From I-91 or Route 15: Take I-91 or Route 15 to I-691 west. Take exit 6, to traffic light on Lewis Ave. The entrance to MidState is directly across Lewis Ave.

#### To Digestive Health Center:

Enter the MidState property from the entrance directly across from the I-691 exit ramp on Lewis Ave. Once on the access road, turn right at the stop sign.

Follow this road alongside the building toward the back, and bear left into the circle at the MidState Digestive Health Center entrance. Patient parking is alongside the building.

Enter the building through the automatic doors — the reception desk is within the first door on the left.

In quarterly patient satisfaction surveys, MidState consistently rates among the top hospitals in Connecticut and the nation. Conveniently located just minutes off Rte. 691 in Meriden, CT, MidState offers free and safe parking, as well as private inpatient rooms. Services include general surgery, emergency medicine, the Weight Management Program, MidState Medical Group Walk-in Center for urgent care needs, and state-of-the-art care in centers dedicated to Cancer Care, Wound and Hyperbaric Care, Family Birthing, Sleep Care, Balance & Hearing, Digestive Health, Pain Management, and Cardiac Care.

For more information on Digestive Health, call 203 694 8585 or visit [www.midstatemedical.org](http://www.midstatemedical.org).

Do you have a MidState doctor? Call 1 866 MMC 5678

*Excellence in care. And caring.*



435 Lewis Avenue  
Meriden, Connecticut 06451  
203 694 8200  
[www.midstatemedical.org](http://www.midstatemedical.org)

## Digestive Health Center



Preparing for your

## Digestive Health Procedure



# Preparing for your Digestive Health Procedure at MidState Medical Center

**W**e're pleased you and your physician have chosen the Digestive Health Center at MidState Medical Center for your upcoming procedure. To help you prepare, we ask that you read these instructions carefully so you better understand necessary steps to ensure the best-possible results.

## The Day Before Your Procedure

In preparation for your procedure, you will be asked questions to help us plan your care. This may be completed the day before your procedure, via telephone. If we are unable to reach you, we will ask you these questions the day of the procedure.

Please have the following information available:

- ▶ Current prescriptions and dosages, including a list of over-the-counter medications and herbal supplements you may be taking
- ▶ Allergies to medication, food, soaps, dyes, tape and latex
- ▶ Recent health problems, such as a cold, the flu, or other illnesses
- ▶ Chronic medical conditions, such as diabetes, heart disease, etc.
- ▶ Use of alcohol, tobacco products, or drugs
- ▶ Prior surgical procedures and anesthesia experiences



Depending on the type of procedure you'll be having, your physician will instruct you on some or all of the following:

- ▶ Arranging a ride home — it is mandatory that all patients have arranged for a ride home with a responsible adult
- ▶ Preparatory requirements for your specific procedure
- ▶ When your last solid foods should be eaten
- ▶ Which clear liquids you are allowed to drink, and when to stop drinking them
- ▶ Instructions for taking certain medications the day of your exam

MidState Medical Center provides services for many physicians. Although we are happy to try and answer any questions you may have about your procedure, you should direct medical questions, cancellations and physician requirements directly to your physician's office.

## The Day of Your Procedure

Your physician will give you an arrival time approximately one hour before your actual procedure. It's important that you arrive on time to help us prepare for your procedure.

Upon arrival you will be greeted by your MidState patient registrar. This person will verify your address, phone number and insurance information. A copy of your insurance card will be made. At this time, co-pays and deductibles will be collected, if applicable. Once this has been completed, you will be seated and asked to fill out a medical history form if we were unable to reach you prior to your assigned procedure date.

Please note that we support several different physicians simultaneously. You may not be called in for your procedure in the order of arrival to our center.

## Pre-Procedure Care

Once in the treatment area, your nurse will verify your medical history information and review what you can expect before, during and after your procedure. Please feel free to ask questions at this time — your comfort and concerns are important to us.

Your vital signs, such as blood pressure, temperature and pulse will be measured.

Your intravenous (IV) fluids will be started. Medications for the procedure are given in the procedure room unless your physician has ordered pre-procedure medications such as antibiotics.

## Post-Procedure Care

In some cases, your post-procedure stay will be brief — on average, approximately 30 to 45 minutes. This allows us to carefully monitor your vital signs and support other needs while you begin your recovery.



Upon returning to the recovery area following your procedure:

- ▶ Your vital signs will be monitored
- ▶ You may be offered fluids
- ▶ Prior to discharge, you will be seen by your physician, who will review the procedure and answer your immediate questions
- ▶ When you are ready for discharge, your nurse will review your discharge instructions and you will be given a written copy to take home

Our goal is to make sure you are stable and free from obvious post-surgical complications before we send you home, where you can relax and recover comfortably.

Since it's not unusual to feel sleepy, light-headed or forgetful after receiving intravenous sedation for your procedure, you must have a ride home with a responsible adult.