



Patient care is our top priority. We want to ensure you know what to expect when visiting our clinic. The following points will address what to expect for office visits and procedures scheduled:

1. **Office visit consultations:** If it is your first time visiting our office or visiting us to follow up on treatment or a procedure, you will see one of our providers who will assess your symptoms and concerns. An updated medical history and medication list are essential to ensure the provider is well-informed and ready to evaluate you. Once assessed, the provider will establish a treatment plan and, if necessary, an appointment made by one of the medical assistants to get procedure(s) done.
2. **Colonoscopy appointment:** Total procedure time is between 20 and 25 minutes. Recovery time is an additional 20 minutes. Please wear loose clothing, socks, and loose footwear (like sandals or slip-ons), leave all accessories or jewelry at home, and keep carry-ons at a minimum (a wallet or a small purse are acceptable). You will need to remove all clothing before the procedure. One of our nurses will provide you with a gown. Following the procedure, cramping, bloating, bleeding or feeling gassy is to be expected.
3. **Upper Endoscopy appointment:** Total procedure time is between 5 and 10 minutes. Recovery time is an additional 20 minutes. You only need to remove your shirt, top or bra for this procedure. A nurse will provide you with a gown. We recommend you wear loose clothing, leave all accessories or jewelry at home, keep carry-ons at a minimum (a wallet or a small purse is fine), and loose footwear (like sandals and slip-ons). Following the procedure, it is very typical to feel bloated and get hiccups or gassy.

It is essential to note that we are a specialty office and take the necessary time with every patient to ensure we provide the best care. When our providers run behind and spend a little extra time with the patient before you, remember that our providers and staff will extend the same courtesy to you.