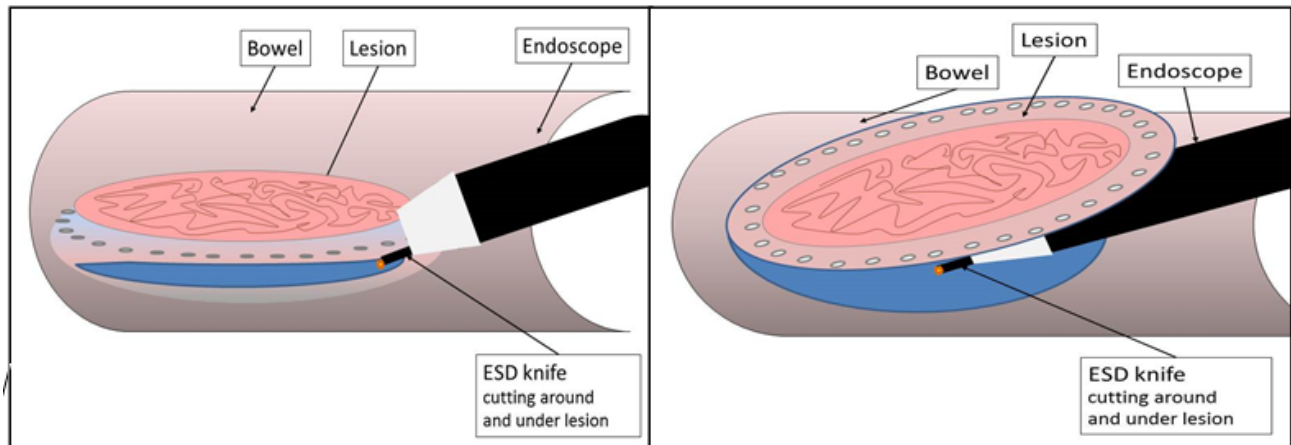


## Colorectal Endoscopic Submucosal Dissection (ESD)

### What is colorectal endoscopic submucosal dissection?

- Endoscopic submucosal dissection (ESD) is a minimally invasive procedure to examine and remove precancerous polyps from the lining of the colon and rectum without surgery. For early-stage colon and rectum cancers, an ESD may offer a cure and preserve bowel function.



### How do I prepare for this procedure?

- Be sure to follow the specific diet instructions given by your provider.
- Arrange for a driver and someone to be with you for the day. You will not be allowed to drive after receiving anesthesia.
- Leave all jewelry at home.
- Dentures and glasses will be removed before the procedure.
- Some people may need antibiotics.
- If you are allergic to iodine-containing drugs or IV contrast dye, tell your provider.
- If you are pregnant, tell your provider prior to the procedure day.
- You may need to temporarily stop taking certain medications before the procedure.
  - **Blood thinners**
    - such as Coumadin (warfarin), Ticlid (ticlopidine hydrochloride), Agrylin (anagrelide), Xarelto (Rivaroxaban), Pradaxa (Dabigatran), Pletal (Cilostazol), Brillinta (Ticagrelor), Eliquis (Apixaban), Effient (Prasugrel), Plavix (Clopidogrel), and Aspirin. You must speak with your prescribing provider or the specialist at least 2 weeks before the scheduled ESD procedure. Do not stop these medications without the consent of your provider.
  - **Insulin and diabetes medications**
    - Please call the provider that monitors your glucose levels. Your medications may need to be adjusted due to the diet restrictions required for an ESD procedure. Do not stop these medications without the consent of your provider.
  - **Glucagon-Like Peptide-1 (GLP-1 Agonist)**
    - Such as Byetta (Exenatide), Saxenda (Liraglutide), Victoza (Liraglutide), Wegovy (Semaglutide), Trulicity (Dulaglutide), Bydureon (Exenatide), Mounjaro (Tirzepatide), or Rybelsus (Semaglutide).

- Talk with your prescribing provider or the specialist at least 2 weeks before the scheduled procedure. **Do not stop these medications without the consent of your provider.**

### What are the potential complications?

- A perforation (tear) in the lining of the colon.
- Side effects from anesthesia.
- Abdominal discomfort such as bloating.
- Bleeding.
- If you have any questions, please ask your doctor.

### What should I expect during the procedure?

- Your provider will explain the risks and benefits of the procedure.
- You will sign a consent.
- An IV will be placed in a vein to give you fluids and anesthesia medications.
- Your blood pressure, pulse, and oxygen levels will be monitored.
- General anesthesia will be used to put you to sleep.
- A tube will be placed in your airway to help you breathe during the procedure.
- You may have a Foley catheter placed during the procedure to help with urination.

### What should I expect after the procedure?

- Your blood pressure, pulse, respiration, and oxygen levels will be monitored in the recovery area.
- Your family and friends can be with you after the procedure.
- You might have oxygen on for a short time.
- You might experience bloating or cramping after the test because of the air that is put in your colon during the test. Passing the air will help this feeling go away.
- You will be observed for at least 30 minutes following the procedure, and every 10 minutes, your blood pressure, pulse, and respirations will be checked.
- Your doctor will tell you what was found before discharge. Results of any tissue samples removed will be mailed to you in approximately two weeks.
- If taking Coumadin, Plavix, or other blood thinners, ask your doctor when to restart those medications.
- Before you leave the Endoscopy unit, a nurse will review discharge instructions.
- You will need someone to drive you home.
- Its recommended that someone be at home with you after.
- You should be able to resume normal activity and normal diet after the test is done.

### When will I get my results?

- Your doctor will tell you what was found before you go home.
- You will receive your biopsy results in the mail in two to three weeks.
- You may call your doctor's office with any questions or concerns.