

## Preparation Instructions for Your Endoscopic Procedure

### IMPORTANT:

For the best results and to prevent the need to cancel or reschedule your endoscopy:

1. Only follow department instructions given by your gastroenterologist or on this instruction sheet.
2. Do not follow instructions from any other source.

### Seven (7) days before your procedure

#### STOP:

1. Aspirin unless prescribed by a physician
2. NSAIDs including: Ibuprofen (Motrin, Advil), Naproxen (Aleve, Naprosyn), and similar medications
3. Iron, fish oil and vitamin E

#### OKAY/APPROVED:

1. Any regular medications (especially blood pressure and heart medications)
2. Acetaminophen (Tylenol)

► You will receive additional instructions, guided by your prescribing physician, if you are taking:

- Blood thinner medications such as Warfarin (Coumadin), Heparin, Lovenox, Plavix, Aggrenox, Ticlid, Pradaxa
- Diabetes medications

### The day of your procedure until 8 hours before procedure:

#### DO NOT:

1. Consume any food, dairy, or alcohol

#### OKAY/APPROVED:

1. Take your regularly prescribed morning medications (especially blood pressure and heart medications) with a small sip of water unless instructed otherwise.
2. Drink water and clear liquids including:  
*Juices:* apple, white grape, white cranberry, lemonade  
*Broth:* chicken, beef or vegetable  
*Soda:* 7-Up, Coke  
*Other:* black coffee, tea, popsicles, jello, sports drinks

### 3 hours before your procedure:

**During the 8 hours prior to your procedure, do not eat or drink anything**

**Important: Drinking any liquids or eating any foods within 8 hours of your procedure may result in cancellation.**

#### OKAY/APPROVED:

Take your regularly prescribed morning medications (especially blood pressure and heart medications) with a small sip of water unless instructed otherwise.

## *Additional Important Information Regarding Your Procedure*

### **Before your procedure**

#### **► Transportation Reminder**

1. You must arrive at your given location 90 minutes before your scheduled procedure time. Your entire stay will be between 4-6 hours.
2. You are not permitted to take a taxi, operate any mode of transportation yourself or use any public transportation to get home after the procedure.
3. A responsible adult will need to drive you home, and someone should stay with you for at least 2 hours to make sure there are no issues following the sedation or procedure.

### **What to expect upon arrival for your procedure**

1. Prior to the procedure, a nurse will ask you questions to ensure that you understand the procedure and the reason for it, and to ensure that you prepared properly for it. The gastroenterology doctor will also review the procedure with you. The nurse will start an intravenous line (IV) to administer medications.
2. The intravenous line is similar to having blood drawn. Your vital signs (blood pressure, heart rate, oxygen saturation) will be monitored closely before, during and after the procedure.
3. Medications to help you relax (sedative) and to help with discomfort (narcotic) will be administered intravenously by the attending anesthesiologist. Additional medication may be used to numb the back of the mouth.

### **After the procedure**

1. Rest for the remainder of the day for your health and safety!
2. Do not participate in any activities which require coordination or judgment. You may return to regular activities the day after the procedure.
3. Depending on the findings of endoscopy, we may recommend that you avoid traveling for 14 days after your procedure. Check with your doctor if you are planning any international travel.
4. You may have bloating, gas or mild cramping. This is normal and will diminish.
5. At the conclusion of your procedure, you will receive specific information about findings, post-procedure instructions and precautions.
6. Biopsy results are usually available within seven to ten business days. Your doctor's office will inform you of your results.