

## **PATIENT PRE-PROCEDURE INSTRUCTIONS FOR ENDOSCOPY**

### **PLEASE CAREFULLY READ ALL INSTRUCTIONS**

One week prior to your procedure, a nurse will call you with your arrival time and specific instructions pertaining to your procedure. You may have also received a notification via text or email that allows you to fill out the preop information online at your convenience. If you have not received a telephone call by 3:00 pm the day before your procedure, please call a member of our staff at 541-858-8100 and ask for the endoscopy nurse.

Please note that due to changes in the schedule, **your arrival time may change**. Your scheduled arrival and procedure time may be different from that on your paperwork. We will ask you to arrive approximately 1 hour and 15 minutes prior to your scheduled procedure time. If you are unable to keep your appointment, please contact your Gastroenterologist's Office at 541-779-8367.

### **FOOD AND DRINK:**

Follow your diet and your pre procedure prep instructions from your gastroenterologist's office. You will have a restricted diet for all Endoscopy Procedures, you will need to be on clear liquids, and perform a Colon Prep for colonoscopy. Please, contact your doctor at 541-779-8367 or visit [www.gcpcmedford.com](http://www.gcpcmedford.com) if you have not received these instructions.

On the day of your procedure, you may have clear liquids (liquids that you can see through and that do not have any pulp or dairy) up until four (4) hours prior to your procedure time. Do not drink anything after that. You may brush your teeth but do not swallow any water. **Food or water in your stomach could cause serious complications during and after your procedure.** We also request that you do not smoke or vape the day of your procedure.

### **MEDICATIONS:**

Please take your heart, blood pressure, seizure, and asthma medications with a small sip of water at least four (4) hours prior to your procedure. If you are taking blood thinners, consult with your providers office on when to start holding the blood thinners prior to the procedure. If you are diabetic, we ask that you take a half dose of your insulin and oral medications the night before your procedure, do not take any diabetic medications the day of your procedure.

**GLP-1 medications are used for weight loss and lowering of A1c and have very specific instructions. Hold these medications for 7 or more days if on weekly injectable dosing and 24 hours if on daily oral dosing. If you take these medications within the restricted days, your procedure will be cancelled.**

- Do not take insulin or oral diabetic medications, blood thinners, diuretics, vitamins or supplements, or any other non-essential medications the day of your procedure unless instructed by our staff or gastroenterologist.

**DAY OF PROCEDURE:** Please understand that those providing your care may ask you the same questions that you've already been asked. While this may be frustrating, it is to prevent medical errors and to ensure your safety.

- **You must have a responsible adult to drive you home after your procedure.** Please understand that your procedure will be cancelled if you do not have a responsible adult driver. A responsible driver is an adult who will ensure you get into your home safely. **After you are discharge you are not to drive the day of your procedure.**
- Leave all valuables at home. You will be provided a small lock box for belongings. The Surgery Center is not responsible for loss or damage of valuables.
- If you wear glasses, please bring a case to put them in.
- If you wear hearing aids, please bring a case to put them in during procedure.
- Please bring a list of your medications and allergies, a photo ID and your insurance card(s), and a method of payment if needed, and all paperwork given to you by the providers office.
- Please contact us prior to the procedure if you have an active infection or illness.

### **YOUR ARRIVAL:**

After you are registered, a nurse will prepare you for the procedure and answer any questions you may have. Your physician will also see you prior to your procedure.

### **AFTER YOUR PROCEDURE:**

Immediately following your procedure, you will be taken back to your private room where a professionally trained staff of nurses will monitor your recovery. The doctor will inform you about the findings of your procedure and give you a written report. You will receive specific postoperative instructions before you are discharged.