



PRE-PROCEDURE INSTRUCTIONS FOR ENDOSCOPY

1. **DIET:** DO NOT eat, drink, or take anything by mouth after MIDNIGHT the day before your procedure, or the morning of the procedure. This includes candy, mints, coffee, tea, water, gum, lozenges, tobacco or cigarettes. If you have been instructed to take morning medications you may take these with a SIP of water, not milk or juice.
2. **MEDICATIONS:** If you are diabetic DO NOT TAKE ANY DIABETIC PILLS OR INSULIN the morning of the procedure. Your blood sugar will be checked at the hospital prior to the procedure and treated as necessary. STOP all herbal supplements, Vitamin E, diet pills, multivitamins, and NSAIDS (ibuprofen, Advil, Aleve, Naproxen) 7 days prior to the procedure if instructed by your surgeon, STOP all anticoagulants, diuretics, heart medications, and cholesterol medications when instructed by your surgeon,
3. **INHALERS:** If you use prescribed inhalers please bring them with you the day of your procedure.
4. **VALUABLES:** Please leave jewelry, watches, cell phones, purse/wallet, cash and all other valuables at home. It is sometimes necessary to remove jewelry the day before, You CAN wear dentures, glasses and hearing aids.
5. **TRANSPORTATION:** It is required that you have a responsible person provide you with transportation home after your procedure. You may NOT take a taxicab, or walk home after discharge,
6. **BOWEL PREPARATION:** It is important to complete the prep as directed. Follow the instructions included in your packet.
7. **ARRIVAL TIME:** Plan to arrive at the hospital 1 hour prior to your procedure time. It is not necessary to arrive early as this will create a longer waiting time for you.
8. **VISITORS:** During your admission and procedure visitors will be asked to remain in the waiting area located in the lobby. If the patient is a child, the parent(s) will be permitted. Following the procedure one visitor will be allowed to join the patient. The reason for limiting visitors is to insure the privacy and care of all patients during admission and recovery. Please arrange to leave children and numerous family members at home.
9. **CALL YOUR SURGEON** for further instructions if you accidentally eat or drink after midnight.

If you have further questions please call Outpatient Services at 360-496-3587.