

ENDOSCOPY (EGD, EUS, ERCP) INSTRUCTIONS

PROCEDURE DATE: _____ Location: ALFA ___ SCRIPPS ___ SHARP ___

CHECK-IN TIME: _____ ****This time may change!!!** The office and/or facility staff may call you to change the time of your appointment. Please check any messages and return any phone calls from the office or facility! This is very important!!

★ YOU MUST BRING YOUR PHOTO ID & ALL INSURANCE CARDS ★

★ PLEASE DRESS IN LOOSE COMFORTABLE CLOTHING, INCLUDING SLIP ON SHOES★

★ BRING A LIST OF YOUR CURRENT MEDICATIONS OR KNOW THEM FOR THE ADMISSION NURSE★

PLAN AHEAD FOR YOUR PROCEDURE DAY:

- **You must have a responsible adult to take you home via private transportation** (NO bus, trolley, or walking home) If you don't have an appropriate ride, you cannot receive sedation for your procedure. **No exceptions!**
- Your ride should come into the center with you at check-in. The staff needs to verify their contact information prior to your admission. Your ride will be called when you are ready for pick up and **it is expected that they come back to the center within 15 minutes of the call.** Any ride with no cell-phone access must remain at the center until your discharge time.
- **If you are the last appointment for the day, your ride must remain in the lobby until your discharge time.**
- This is an all day event: you cannot work, drive, go to other appointments OR be alone for at least 12 hours after your procedure: plan to go straight home afterwards for the remainder of the day. You can return to normal activities the following day in most cases.
- You may have a co-pay or co-insurance due at the time of your procedure. Please call your insurance to verify your coverage. For payment arrangements, you may call the billing department at 619-425-2737.
- Bring any registration forms with you on the day of your procedure already completed – it speeds up the admission process. There are always forms to sign once you arrive – if you need reading glasses, please bring them with you.
- **Your total time at the center may be up to 4 hours depending on the amount of patients scheduled.** Although it is usually much less than 4 hours, unexpected delays can occur. Please plan accordingly with your ride.
- Cancellations/No-Shows: if you cannot make your scheduled appointment, please call the office as soon as possible so your appointment can be filled with another patient waiting to have a procedure. *Any cancellations less than 48 hours prior will be charged.*

5 DAYS BEFORE YOUR PROCEDURE (EUS & ERCP ONLY):

- Hold any blood-thinning medicines (Coumadin/Warfarin, Xarelto, Aggrenox, Plavix, etc) except: IF YOU HAVE HAD A STROKE, EMBOLISM, OR STENT PLACED WITHIN ONE YEAR - **DO NOT STOP BLOOD THINNERS/ASPIRIN FOR PROCEDURE**
- Avoid nuts and any foods containing seeds

THE DAY BEFORE YOUR PROCEDURE:

- Avoid nuts and any foods containing seeds
- You may take your normal medications, unless the doctor has given you other instructions
- Normal foods are fine but **nothing to eat or drink after midnight**

THE DAY OF YOUR PROCEDURE:

- **Nothing to eat or drink at all!!** No water, no coffee...NOTHING!
- You will usually be able to take your regular medications once your procedure is finished. The discharge instructions will tell you if there is anything you shouldn't take and will tell you when it is safe to resume.
- Please wear loose comfortable clothes. Avoid lipstick, makeup, and excessive jewelry. Slip-on shoes are strongly recommended.
- Please tell your admitting nurse about any dental issues you may have such as painful, loose, or false teeth. Plan to remove your dentures for the procedure

★Please arrive at your appointed check in time – you may come early if you like but this does not guarantee you will be seen earlier. The facility tries to ensure patients are seen as quickly as possible.★