

ENDOSCOPY (EGD, EUS, ERCP) INSTRUCTIONS

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 WILL BE SEDATED – YOU CANNOT DRIVE YOURSELF HOME AFTER THE PROCEDURE**

*** YOU MUST HAVE A RESPONSIBLE ADULT TO TAKE YOU HOME VIA PRIVATE TRANSPORTATION**

○ **NO BUS, NO TROLLEY, NO WALKING HOME:** If you don't have an appropriate ride, you cannot receive sedation for your procedure. **NO EXCEPTIONS!**

○ **IT IS EXPECTED THAT RIDES BE WITHIN 15 MINUTES OF THE CENTER.** Your ride will be called when you are ready for discharge and must be available **IMMEDIATELY** to pick you up. They will be required to sign your discharge instructions. Any ride with no cell-phone access **must** remain at the center.

○ **IF YOU ARE THE LAST APPOINTMENT OF THE DAY, YOUR RIDE MUST REMAIN AT THE CENTER UNTIL YOUR DISCHARGE**

***YOU CANNOT WORK, DRIVE, GO TO SCHOOL/APPOINTMENTS OR BE LEFT ALONE AFTER THIS PROCEDURE**

○ Consider this is an all day event: plan to go straight home afterwards for the remainder of the day. You can return to normal activities the following day in most cases.

YOUR TOTAL TIME AT THE CENTER MAY BE AS LITTLE AS 1 HOUR & UP TO 4 HOURS

○ Although it is usually ***much less*** than 4 hours, unexpected delays can occur. Please **plan accordingly** with your ride – they need to be within 15 minutes of the center and available to pick you up when we call.

☒ WHAT TO BRING WITH YOU:

○ **PHOTO ID & ALL INSURANCE CARDS** – without proper identification, we will be forced to cancel your procedure

○ **A LIST OF CURRENT MEDICATIONS** – this information is required during admission

○ There are forms to complete once you arrive – if you need reading glasses, please bring them with you

☒ BILLING/INSURANCE:

○ You may have a co-pay or co-insurance due at the time of your procedure. If you have questions about your coverage, we recommend calling your insurance to verify benefits

○ If you need to make payment arrangements (for large copays, etc) you can call our billing department at 619-425-2737.

○ Cancellations/No-Shows: if you cannot make your scheduled appointment, please call the office as soon as possible so your appointment time can be used by another patient. *Any cancellations less than 48 hours prior will be charged.*

EUS & ERCP PATIENTS ONLY: 5 DAYS BEFORE YOUR PROCEDURE

Avoid nuts and any foods containing seeds

Hold any blood-thinning medicines (Coumadin/Warfarin, Xarelto, Aggrenox, Plavix, Aspirin) unless:

IF YOU HAVE HAD A STROKE, EMBOLISM, OR STENT PLACED WITHIN ONE YEAR - DO NOT STOP BLOOD THINNERS/ASPIRIN FOR PROCEDURE

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

THE DAY OF YOUR PROCEDURE:

YOU MAY DRINK CLEAR LIQUIDS ONLY UP TO 4 HOURS PRIOR YOUR APPT. TIME, YOU WILL NEED TO STOP DRINKING ANY LIQUIDS 4 HOURS PRIOR YOUR APPOINTMENT TIME.

EXAMPLES: WATER, CLEAR JELLO, CLEAR BROTH, SPRITE, CLEAR GATORADE.

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.