



ENDOSCOPY INSTRUCTIONS

Thank you for choosing Weg Medicine for your endoscopic procedure. In an effort to provide you with the best possible exam, we will need your assistance with the following instructions

If you believe you may be pregnant or need to cancel your appointment for any reason, please contact our office at least 48 hours prior to your scheduled appointment.

If you take any of the following medications, you must contact our office at least two weeks BEFORE your procedure, in order to receive careful instructions on how to manage your medications.

Coumadin (warfarin), **Plavix** (clopidogrel), **Ticlid** (ticlopidine), **Lovenox** (enoxaparin)
Heparin Aggrenox (aspirin and dipyridamole) **Effient** (prasugrel)

Additionally, if you have any of the conditions listed immediately below, then you must contact our office at least two weeks BEFORE your procedure, in order to receive careful evaluation and instructions.

- If you take any drug for the purpose of being anti-coagulated, keeping your blood thin, or preventing blood clots;
- If you are being treated or have been treated for stroke or transient ischemic attacks (TIAs), or mini-strokes;
- If you have artificial heart valves, or coronary artery or carotid artery stents

If you take any medications for **diabetes**, by injection or oral tablets, then you must contact our office at least two weeks BEFORE your procedure, in order to receive careful instructions on how to manage these medications. Examples of medication - Glucophage, Metformin, , glipizide, actos, Lantus, Humulin, or any other insulin.

Please note that aspirin is not longer routinely discontinued prior to our procedures, unless you receive specific instructions to do so.

Unless otherwise instructed, continue to **take all of your usual medications** on your regular schedule. If you have an early morning procedure, please bring your medications with you to take after the procedure.

If you need an office appointment, or if you need to review your instructions, please contact our office as soon as possible.

DAY PRIOR TO PROCEDURE:

-No solid food starting at midnight the night before your procedure

DAY OF PROCEDURE:

Unless directed otherwise, you may have a clear liquid diet (only clear liquids, no solid food) up to **6 hours** before you are scheduled to arrive for your procedure.

YOU MAY HAVE (examples):

Clear soda (ginger ale, Sprite)
Clear juice (apple, white cranberry)
Gatorade/Powerade (clear or yellow)
Chicken broth (nothing in it)
Black Coffee/Tea (no cream)
Jell-O (yellow, orange, green)
Popsicles (not red or purple)

Do NOT have (examples):

Red or purple Jell-O
Beef broth
Alcohol
Milk or milk products
Yogurt or pudding
Fudgesicles
Cream soups.

- **Please arrive on time.** Allow extra time in your trip for weather, traffic and parking.
- Please bring a **list of all the medications** you take, including dosages and how often each medication is taken. Also list any herbal or vitamin supplements you take. When you check in you will be asked if you have brought that list, if you have not, we will ask you to create the medication list at that time. Having an up to date list of all your medications helps us provide safe patient care.
- **Personal belongings:** On the day of your sedated procedure, we strongly recommend that you leave valuables (money/jewelry) at home or give them to a family member or friend for safekeeping.
- While endoscopy is a generally safe procedure, there is a small chance of developing complications that may not be identified up to a week or later after your procedure. We suggest that you do not plan this procedure within a couple of weeks prior to traveling, or an important social event.

AFTER PROCEDURE:

- A **responsible person must pick you up** after your procedure to accompany you home, as you will have been sedated and will not be allowed to drive home.
- **REMEMBER: You may not drive, work, or engage in important decisions (e.g. financial issues) for the rest of the day after your procedure.**
- Your specific discharge instructions will be reviewed with you after your procedure.
- A copy of the report and results will be provided.

If you have questions about these instructions, you may call our office and we will be glad to answer them for you.

