

## Endoscopy/ERCP Preparation

**THE DAY OF YOUR PROCEDURE:** \_\_\_\_\_

**Have someone accompany you to the facility and arrive at:** \_\_\_\_\_

- Advanced Surgery Center, 9420 Key West Avenue #104, Rockville, MD 20850, (301) 838-0437
- Shady Grove Adventist Hospital, 9901 Medical Center Drive, Rockville, MD 20850, (240) 826-6000
- Holy Cross Hospital, 1500 Forest Glen Road, Silver Spring, MD 20910, (301) 754-7000
- Other: \_\_\_\_\_

To ensure that any and all abnormalities can be seen clearly during the procedure, the upper GI tract must be empty before an endoscopy. Therefore, **no eating or drinking is allowed for 10 hours before the procedure.** Any food or liquid retained in the stomach can reduce its effectiveness and decreases the diagnostic accuracy, making a repeat examination necessary. To avoid this, you will need to follow the preparation directions carefully. Patients may be asked to temporarily stop taking medications prior to the procedure. If you are pregnant, please notify the doctor immediately.

### **The Day of Your Procedure:**

Due to the light amount of sedation that will be given to you during your procedure, **you will not be able to drive home after an endoscopy.** An adult must accompany you and drive you home after the procedure. You are not allowed to take a taxi, bus, walk home, etc. If you do not have a ride, your procedure will have to be cancelled. Please do not plan to return to work the day the endoscopy is performed. Resume taking your usual medications on their regular schedule unless otherwise instructed by the doctor. Your normal diet and activities also can be resumed unless otherwise instructed.

### **Medications:**

If you need to take any medication, you may do so the morning of your procedure with a small sip of water. However, if you are able to, you can wait until after your procedure to take your medications.

If you take any diabetic medications, do not take your diabetic medication on the day of your procedure. Please bring these medications with you and you may take them after your procedure.

If you take any blood thinners, such as **Coumadin (Warfarin), Plavix, Aggrenox, Aspirin, Pradaxa, or Advil** type medications, **please hold them for 7 days prior to your procedure.**

### **Recovery:**

After the endoscopy, expect to be kept in the recovery room a short time, until most of the effects of the medication have worn off. Because you may not remember all of the details explained during or after the procedure, please feel free to call the office if you have any questions or concerns.

**\*If you are scheduled at the Advanced Surgery Center,** please fill out the highlighted areas of the packet that was given to you. The facility and anesthesiologist require health information not available in your record here at our office. If you need any assistance in filling out your paperwork, please call 301-838-4224 and a staff member will assist you in completing your forms.

**Please note:** If you cancel or reschedule your procedure, a 48 hour notice is required or you may be subject to a \$100 fee.