



## Endoscopy Patient Instructions

**Please read the following instructions carefully before your scheduled appointment.**

You will be called by the Endoscopy Department 2 BUSINESS DAYS BEFORE YOUR PROCEDURE for your arrival time. The arrival time will be 1-1.5 hours prior to your scheduled procedure time. This arrival time will allow us time to prepare you for your Endoscopy Procedure.

Your procedure will be performed at Ochsner Medical Center-Kenner, 180 W Esplanade Ave, Kenner, LA 70065. Enter the Main Entrance of the Hospital at the semi-circle drive and sign in at the front desk. When directed, take the Main Elevators to the 2nd Floor, to the Procedure Check In.

### ALL PATIENTS

- Plan to be at the hospital for approximately 3 - 4 hours.
- You will be sedated for the procedure. Due to the sedation, you will not be able to operate a vehicle or sign any legal documentation until the following day.
- You MUST have a responsible person who can drive you to and from the hospital and assume responsibility for your care at discharge. You are not allowed to drive, or leave the hospital alone in a taxi, Uber/Lyft or a bus. If you do not have a responsible adult (friend or family) with you to take you home, your exam will be canceled.
- Please leave all valuables at home, including jewelry. You will need to bring your driver's license and medical insurance card. You will be responsible for any co-payment at time of registration.
- Wear clothing appropriate for easy re-dressing after sedation. Do not wear contact lenses.
- Please bring a complete list of all medications you are taking.
- If a polyp needs to be removed or biopsies need to be performed, this may change your colonoscopy from a screening procedure to a diagnostic procedure. This may result in a change in the billing of your procedure and could impact your payment responsibility, depending on your insurance provider.

### EGD - UPPER ENDOSCOPY/ ERCP/ EUS

- To prepare for this test, you may not have anything to eat after 7pm and nothing to drink after midnight, not even water, except with your morning medications, as listed below.

### COLONOSCOPY

- For best results, begin a low fiber diet with no seeds or nuts 7 days prior to your procedure.
- **Begin a CLEAR LIQUID DIET when you wake on the day before your procedure.**
- **NO SOLID FOOD is to be eaten the day before a colonoscopy.**
- You will drink half of your bowel prep the evening before the test at 5pm. The second half will be assigned during the phone call the day of test (typically 5 hours prior to your arrival time).
- You are not to have anything by mouth **after the second half of your bowel prep except** for any essential medications as listed in the medication section.

### STOP BLOOD THINNING MEDICATION (Coumadin, Plavix, Eliquis, etc.):

- If on blood thinning medications, the scheduler will notify the prescribing physician and tell you when to stop taking this medication for the procedure.

### MEDICATIONS

**If you take BLOOD PRESSURE, HEART, SEIZURE, LUNG or PSYCHIATRIC MEDICATIONS in the morning, please take them the morning of your procedure. This includes inhalers.**

- Please take these medications **one hour** prior to your **arrival** time with a small sip of water, or 2 hours before you start drinking the second part of the prep.
- On the day before your procedure, take all of your regular scheduled medications except for the blood thinning medications discussed above.

### IF YOU ARE DIABETIC

- Check blood sugar levels with clear liquid meals on the day before the exam. Check again on the morning of the exam and as needed if you feel hypoglycemic (low blood sugar).
- **Do not take any diabetic medications (including insulin) the morning of the exam.**
- If your blood sugar goes below 70, you may drink 4 ounces of clear juice, soda or eat a piece of hard candy. Wait 15 minutes, then recheck your blood sugar. If it isn't going up, you may drink another 4 ounces and contact the Endoscopy Department at (504) 464-8148.

**For ANY questions about your prep or your procedure, PLEASE call (504) 464-8148 Monday-Friday 730am - 330pm. To reschedule or cancel your procedure, please call (504) 842-8749.**

If you have any questions about the cost of the procedure, you should contact your health insurance co. as soon as possible. You may also contact Pre-Service at Ochsner for **co-pay and deductibles at (504) 842-0550.**