ENDOSCOPY
PATIENT INSTRUCTIONS

* Arrive at __________ am / pm.       This arrival time will allow us time to prepare you for your 
(procedure) on (day) at (time) on (date) _____________________________.

Your procedure will be performed at the hospital, Ochsner Medical Center Baton Rouge, located at O’Neal Lane and I-12. The address is 17000 Medical Center Drive, Baton Rouge, LA 70816 (Second building on the left after turning off of O’Neal). Enter the main entrance of the hospital (second building on the left) and take the elevators to the 5th Floor, to the Endoscopy Department, to check in. (Do not go to the Admissions Department on the 1st floor.)

Please read the following instructions carefully before your scheduled appointment.

ALL PATIENTS:
• Plan to be at the hospital for approximately 3 - 4 hours.
• You must have a responsible person who can drive you to the hospital, stay while the procedure is being done, assume responsibility for your care at discharge, and drive you home. If not, 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.
• 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 day after the procedure.
• Wear loose and comfortable clothing.
• Please bring a complete list of all medications you are taking.

EGD - UPPER ENDOSCOPY / ERCP:
• To prepare for this test, you may not have anything to eat or drink after midnight, not even water.

EUS: Read attached prep instructions.

COLONOSCOPY AND FLEX SIGMOIDOSCOPY: Read prep instructions.
Colonscopy patients:
• For best results, begin a low fiber diet with no seeds or nuts 7 days prior to your procedure.
• Begin a clear liquid diet in the morning 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 starting at 6pm.
• You are not to have anything by mouth after midnight except the second half of your bowel prep and any essential medications as listed in the medication section.

STOP BLOOD THINNING MEDICATION (Coumadin, Plavix, etc.):
• If on Coumadin or Plavix, notify the prescribing physician that it is being temporarily discontinued for procedure.
• Coumadin and Plavix MUST be stopped 5 days prior to exam unless discussed with the doctor performing the test.
• If you are on a blood thinner not listed, please contact your physician about stop times.

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 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 Endoscopy Department at (225) 236-5503.

For ANY questions about your prep or your procedure, or to reschedule or cancel your procedure, please call (225) 755-4531, (225) 755-4890, or (225) 236-5503.
For Insurance or Financial obligations, call 1-855-808-4100.

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 and may result in a change in the billing of your procedure and could impact your payment responsibility depending on your insurance provider.