

# ENDOSCOPY PATIENT INSTRUCTIONS

You are scheduled for a/an \_\_\_\_\_ on \_\_\_\_\_, \_\_\_\_\_.  
(Procedure) (Day) (Date)

Please check in for your appointment at \_\_\_\_\_ am / pm.

\_\_\_\_\_ Your procedure will be performed at Ochsner Medical Center Baton Rouge (OMCBR). The hospital is located at 17000 Medical Center Drive, off I-12E, exit 7 (O'Neal Lane). Once on Medical Center Drive, OMCBR is the second building on the left. Check in for your procedure on the 5<sup>th</sup> floor.

\_\_\_\_\_ Your procedure will be performed at Ochsner Medical Complex – The Grove. Many GPS systems are NOT providing accurate instructions, take I-10, from either direction, to Exit 162b and proceed to the eastbound service road, turning between the Mall and Siegen. Once at the complex, look for signs directing you to Hospital/Surgery. Check in for your procedure at front desk for Hospital/Surgery.

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

### ALL PATIENTS:

- You will be at the hospital for approximately 3 - 4 hours.
- Use of Anesthesia requires you to 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. You will not be able to operate a vehicle or machinery or sign any legal documents until the following day.
- 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.
- 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.
- Wear clothing appropriate for easy re-dressing after sedation.
- Please bring a complete list of all medications you are taking.

### EGD - UPPER ENDOSCOPY / ERCP:

- To prepare for this procedure, you may not have anything to eat or drink after midnight, not even water.

### EUS: Read attached prep instructions.

### COLONOSCOPY: Read attached prep instructions.

- For best results, begin a low fiber diet with no seeds or nuts 7 days prior to your procedure.
- When you wake on the day before your procedure, **Begin a CLEAR LIQUID DIET (NO solid food).**
- **Note:** Your bowel prep may come with instructions from the manufacturer that are different from the instructions we give you. **To ensure best results, please follow the bowel prep instructions we give you.**

### FLEX SIGMOIDOSCOPY: Read attached prep instructions.

### \*\*\*TAKE MEDICATIONS AS DIRECTED BELOW\*\*\*

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

- If you are on a blood thinning medication, notify the prescribing physician that it is being temporarily discontinued for procedure.
- Coumadin, Plavix and Effient **MUST** be stopped **5 days** prior to exam unless discussed with the doctor performing the test.
- Eliquis and Xarelto **MUST** be stopped **2 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.

#### STOP ALL WEIGHT LOSS MEDICATIONS 2 WEEKS PRIOR TO YOUR APPOINTMENT: BEGINNING ON \_\_\_\_\_.

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.

#### IF YOU ARE DIABETIC:

- Check blood sugar levels while following clear liquid diet 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 of clear juice and contact the On-Call Nurse line at 1-800-231-5257.

Please contact us at the following numbers:

Endoscopy Scheduling - (225) 754-5023 Hours of operation Monday-Friday 7:30am-4:30pm,

Pre-Op Nurse - (225) 755-4531, Endoscopy Lab - (225) 236-5503 Hours of operation Monday-Friday 6:30am-3:00pm

Questions about Insurance or Financial obligations call 1-855-808-4100.

After Hours questions requiring immediate assistance, call Ochsner On-Call Nurse Line 1-800-231-5257