

ENDOSCOPY INSTRUCTIONS

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) _____.

Check in at Endoscopy Lab desk on the 5th Floor of Ochsner Medical Center - Baton Rouge located at O'Neal Lane and I-12 (17000 Medical Center Dr., Baton Rouge, LA 70816). You DO NOT check in on the first floor for this procedure.

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.
- Also, 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 for 24 hours after exam.
- Wear loose and comfortable clothing. Wear socks if you are cold natured.
- Bring all medications (in original container) that you are currently taking, or a complete list.

EGD - UPPER ENDOSCOPY - ERCP:

To prepare for this test, you **MAY NOT have anything** to eat or drink after midnight, not even water.

COLONOSCOPY AND FLEX SIGMOIDOSCOPY: Read prep instructions.

Colonoscopy patients: 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. 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.

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 your Primary Care doctor or our office. Please do not have any liquids within 2 hours of your arrival time.

STOP BLOOD THINNING MEDICATION, Aspirin, Ibuprofen, Naproxen:

Coumadin, Plavix, Aspirin, NSAIDs (nonsteroidal anti-inflammatory drugs) {example: Ibuprofen, Naproxen, Aleve, Motrin, Advil, Meloxicam, etc.} and fish oil.

- If on Coumadin or Plavix, notify the prescribing physician that it is being temporarily discontinued for procedure.
- Coumadin must be stopped 3 days prior to exam.
- Plavix, Aspirin and NSAIDs (see above) must be stopped 7 DAYS PRIOR TO EXAM.
- If you are on a blood thinner not listed, please contact your physician about stop times.

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

- Please take these medications one hour prior to your arrival time with a small sip of water.
- For afternoon arrivals, you may take your medications prior to 8:30 a.m. with a small sip of water.
- On the day before your procedure, take all of your regular scheduled medications except for the blood thinning medications discussed above.

Scheduling Office #225-754-5023. Office hours 8:00 am - 4:00 pm.

For Insurance or Financial obligations, call 1-855-808-4100.