

Your active participation is important for your safety.  
Be a well-informed partner in your care. We invite you to  
*speak up* and engage with your care team.

Scan the code or click on the title of the marked item below  
to see the information your doctor wants you to read.

## Education Sheets:



Preparing for  
Endoscopy



EGD (Upper  
Endoscopy)



ERCP



Colonoscopy



Obstructive  
Sleep Apnea



Anesthesia



Quitting  
Tobacco



Managing  
Constipation

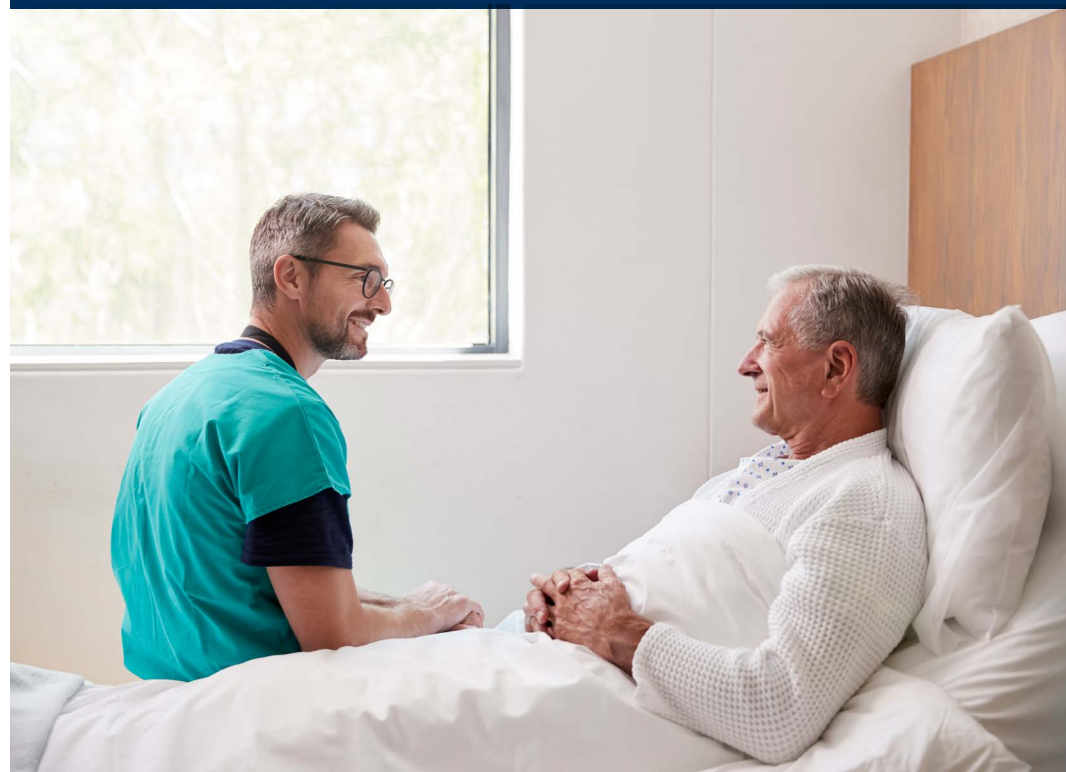


Breastfeeding  
and Opioids

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Also available in Spanish.

# What You Need to Know Before and After an Endoscopy Procedure



# Before your endoscopy procedure, be sure to discuss the following with your healthcare provider:

## BEFORE YOUR PROCEDURE

### TELL US:

- About any other procedures you've had.
- If you have had any problems with anesthesia.
- About all current medications you are taking. This includes inhalers, patches, injections, vitamins, or herbal remedies.
- When you last took your blood thinner (if taking).
- About any health conditions (allergies, diabetes, breathing problems, sleep apnea, high blood pressure, anxiety, etc.).
- If you are pregnant or breastfeeding.

### ASK ABOUT:

- What you should or should not do before your procedure, including any fluid or food restrictions.
- How long you will stay in the hospital.
- Treatment for your pain and how to use the pain scale.
- Anesthesia and any safety restrictions or possible side effects (sleep apnea, driving, nausea, vomiting, medication reactions).

### CONFIRM:

- Your scheduled procedure.
- The reason for your procedure.

## AFTER YOUR PROCEDURE

### TELL US:

- About any difficulty breathing, pain, dizziness, nausea, vomiting, or unexpected reactions.

### ASK ABOUT:

- **Medications.** When can you restart your home medications? Are new medications prescribed (such as pain medications, blood thinners)? What side effects might you have?
- **What to watch for if biopsies were taken or polyps removed.** How much bleeding is normal? It is not normal to have a large amount of bleeding or blood clots. Call your doctor or go to the emergency room if this happens.
- **Activity.** When can you get back to normal activities, such as walking, showering, bathing, lifting heavy objects, sexual activity, exercise, or driving?
- **Diet.** When can you drink fluids and eat regular foods? Are there foods or drinks you need to avoid? For how long?

### CONFIRM:

- Any follow up appointments with your doctor, if needed.
- That your medical team has discussed the results of your procedure with you or your support person(s).