

Preparing for Your Endoscopy Procedure

The information in this handout will help you and your family be more prepared before your endoscopy procedure.

Your doctor or nurse will tell you which medications to stop taking before your procedure, and which ones you will need to take with a sip of water. If you have any questions, please call your doctor's office.

If you have any special needs, tell the nurse during your prescreening call AND tell the nurse assigned to you on the day of your procedure. Examples include a need to communicate in a language other than English, or a chronic condition that requires special care.

Your arrival and procedure are scheduled for specific times. However, some procedures have unexpected delays. This means the actual **start** time may be later than the scheduled time. Even so, please plan to check in at the scheduled **arrival** time.

My endoscopy procedure

Name of procedure _____

Doctor _____

Facility _____

Where to go _____

Date _____

The facility will
contact you with
an arrival time.

What to **do** and **not do** before your procedure

- **DO** contact your prescribing physician for instructions regarding blood thinners.
- **DO** take important pills on the day of your procedure as directed by the nurse or physician's office.
- **DO** read your GI doctor's medication/prep instructions a few days before your scheduled procedure and shop for all prep supplies and required medications.
- **DO** be prepared to change into a gown and remove all personal clothing.
- **DO** drink clear liquids up to 2 hours before your scheduled check-in time. Clear liquids **DO NOT** include red or purple drinks, alcohol, orange juice, broth, milk, or coffee creamer.
- **DO** plan on a 2 to 3 hour stay before being discharged.
- **DO** notify your physician if you're feeling ill with the following: fever, sore throat, cough, congestion, anxiety, chicken pox or shingles (or exposure within the last 2 weeks), COVID-19 symptoms (loss of taste or smell, difficulty breathing, fever above 100.4°F or 38° C), or any other concerns that may interfere with your procedure.
- **DO NOT** use gum, breath mints, vitamins, chewing tobacco, smoking tobacco, alcohol, marijuana, illegal drugs, or vapes after 12:00 midnight on the day of your procedure.
- **DO NOT** wear nail polish, metal hair accessories, or piercings.

Upper Endoscopy (EGD, EUS, ERCP)

- **DO NOT** eat any solid foods after midnight the night before your procedure.

Lower Endoscopy (Colonoscopy)

- **DO** follow your doctor's instructions on when to stop eating solid foods.
- **DO** Follow all directions for preparing your colon.

What should I bring?

Please plan to bring the following items with you if needed:

- Your photo ID and your insurance, Medicare, or Medicaid card.
- Cash or a credit card for co-pays.
- A list of your medications and the dosages.
- Your asthma or lung inhaler, if you use one.
- Your portable oxygen machine, if used.
- A case for your eyeglasses or hearing aids.
- A copy of your advance directive.

Advance directives

An advance directive is a document that helps ensure the care you receive is in line with your values and wishes, even if you can't communicate at the time. You can name who you would like to speak for you, as well as what type of care you would like to have or not have.

Intermountain offers all adult patients a chance to complete an advance directive. It doesn't depend on your current health, and it doesn't mean your doctors expect your health to get worse. Your healthcare providers can give you the forms. If you have an advance directive, please bring a copy with you to the hospital.

Who can come with me?

Most patients find it helpful to have a support person nearby during their procedure. This may include:

- One support person who is able to stay within the facility during your entire stay to receive instructions from the team.
- A responsible adult to drive you home. You will not be allowed to drive yourself home or for 12 hours after your appointment ends.
- Someone to stay with you for 12 hours after you return home.

Note: Check with your facility for current visitor guidelines.

What if I need to cancel?

If you must cancel your surgery for any reason, call the surgery facility AND your surgeon right away.