

GENERAL ENDOSCOPY INSTRUCTIONS

You will be receiving I.V. (intravenous) sedation. You **must** have a companion (family member or friend) to take you home. You are not allowed to drive or leave the Endoscopy Center alone. The actual procedure lasts approximately 45-60 minutes, but you **MUST** remain in the Endoscopy Center until you recover from sedation. On average, most patients are discharged 3-4 hours after they arrive. Your ride must pick you up in the Endoscopy Center by 4:00 p.m. Your procedure will be cancelled if your ride cannot be confirmed.

If you have sleep apnea **and** wear a CPAP mask, please bring your mask and machine with you.

MEDICATIONS

1. If you are taking medication for high blood pressure, seizures, or if you are taking prednisone, you may take these medications the morning of the procedure or at least two hours before the procedure with a sip of water.
2. Do not take any water/fluid pills until after the completion of your procedure.
3. Iron pills should not be taken for seven days prior to your colonoscopy.
4. If you are diabetic:
 - If you take a "sugar" pill, **do not take it** on the day of your procedure.
 - If you are taking regular insulin (R), **do not take it** on the day of your procedure.
 - If you are taking long-acting insulin (NPH), you should take half of your prescribed dose on the morning of your procedure.
 - If you are taking any other insulin preparation such as Lantus, Humalog, or 70/30 insulin, please contact your prescribing physician for instructions.
5. If you are taking coumadin, Plavix, or other blood thinner, contact your prescribing physician for instructions on when to stop taking this medication.
6. If you are having an upper endoscopy/EGD:
 - If your procedure is scheduled before 12 pm, do not eat or drink anything after midnight.
 - If your procedure is scheduled after 12 pm, you may have clear liquids (see attached sheet) until 8 am on the day of your test.
7. If you are having a colonoscopy, please follow the attached colonoscopy preparation instructions.

If you need to reschedule or cancel your appointment, please call (410) 955-4267.

If you have any medical questions about the instructions, please call our nurse coordinator at (410) 502-0793.