



995 9<sup>TH</sup> Avenue Southwest, Bessemer, AL 35022  
GI Office: (205) 481-7384 GI Scheduling: (205) 481-8424  
GI Lab: (205) 481-7325

## ENDOSCOPY

Medical West GI/Endoscopy Lab is located on 2<sup>nd</sup> floor of the Medical West POB. (This is the building with Cafeteria, Subway and Gift Shop.)

***Please read these instructions carefully as soon as you receive them. If you need to reschedule your procedure, please call (205) 481-8424. We ask that you give at least 72 hours' notice for rescheduling or cancellation.***

### Medication Instructions

**1. Discontinue Blood Thinners**

You will likely need to stop the following blood thinners/anticoagulants prior to your procedure. Contact your prescribing physician for approval before stopping any of these medications. Call our office ahead of time if you are unable to hold your blood thinner.

**7 days:** Effient

**5 days:** Coumadin (warfarin), Brilinta, Plavix, Aspirin, Aggrenox

**3 days:** Eliquis, Xarelto, Savaysa, Pradaxa

**2. Discontinue Iron-Containing Medications 7 days before test.**

**3. Notify our office if you:**

- Have kidney disease
- Are on diabetes medication
- Have an internal defibrillator

### Day Before Your Procedure

**\*\*DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT, THE NIGHT BEFORE YOUR PROCEDURE\*\***

### Day of Your Procedure

DO NOT EAT OR DRINK ANYTHING UNTIL AFTER YOUR ENDOSCOPY.

No tobacco products including cigarettes, electronic cigarettes, vapes, or smokeless tobacco.

No chewing gum or candy the day of the test.

If you take blood pressure, breathing, or heart medications, you may take them with a small sip of water at least 2 hours before your appointment time.

**Diabetics: Please check your blood sugar the morning of your procedure.** Diabetes medications, including insulin, may not be needed until your procedure is over. If your blood sugar is over 220 the morning of your procedure, please call the GI Lab at (205) 481-7325.

### Please Bring to Your Appointment:

1. Current driver's license or nondriver's ID.
2. Insurance card
3. Copay required by your insurance
4. LIST of current medications/dosages. (We are not responsible for any medications brought to appointment.)
5. List of any known allergies to medications, etc.
6. Copy of any living will or advance directive. (Optional)
7. Dentures, partials, glasses, contact lenses and hearing aids may be worn to the hospital. Please leave all valuables (jewelry, money, etc.) at home.

8. You **MUST** have a responsible adult to accompany you to the GI Lab, wait there during the procedure, and drive you home after you are discharged. **YOUR PROCEDURE WILL BE CANCELLED IF YOU DO NOT HAVE A DRIVER PRESENT.**

### **At the Hospital**

1. You will need to arrive at the hospital 30 minutes prior to your procedure time. You may go directly to the GI Lab to check-in unless directed otherwise. The GI Lab is located on the 2<sup>nd</sup> floor of the POB #1, and can be reached at (205) 481-7325.
2. The nurse will admit you to a holding room to prepare you for the procedure. This includes taking a detailed history, providing a gown for your procedure, and starting an IV.
3. You will be transported to the procedure room where your gastroenterologist will speak with you before endoscopy is performed. Please tell the doctor before your procedure if you do not want your driver to know the results.
4. After your endoscopy, you will be taken to the recovery area where your driver and/or family will join you as you wake up from sedation.
5. Unless you have requested otherwise before your endoscopy, your gastroenterologist will talk with you and your driver together about the results of your test.
6. Once you have recovered enough to be safely transported home, you will be discharged in the care of your driver.

### **What is an Endoscopy?**

Endoscopy is a test allowing the physician to examine the lining of the esophagus, stomach and upper portion of the small intestine. Patients are routinely sedated for this exam.

The endoscope is a lighted, flexible tube about ¼" in diameter that is passed through the mouth looking for inflammation, ulcers, tumors, etc. Biopsies (small pieces of tissue) can be obtained during this procedure. These are examined by a pathologist and a written report is sent to our office in 2-5 days. Biopsies are taken for many reasons and do not necessarily mean cancer is suspected.

### **Why do I need this test?**

Endoscopy is an important tool for detecting and evaluating inflammation, ulcers, bleeding, reflux, and other digestive issues.

### **What are the risks?**

Complications of this examination are infrequent but may include bleeding, perforation, reaction to medications, heart/lung complications, and other unpredictable events.