

Name: \_\_\_\_\_  
Date of Procedure: \_\_\_\_/\_\_\_\_/\_\_\_\_  
Arrival Time: \_\_\_\_\_ am/pm  
Procedure time: \_\_\_\_\_ am/pm

## Endoscopy Instructions

*Please read these instructions carefully as soon as you receive them.*

### What is an endoscopy?

An endoscopy is a test allowing the physician to examine the lining of the esophagus, stomach and upper portion of the small intestine. The endoscope is a lightened, flexible tube about 1/4 inch in diameter that is passed through the mouth looking for inflammation, ulcers, tumors, etc. Patients are typically sedated for the test. Biopsies (small pieces of tissue) can be obtained during the examination. These are examined by a pathologist and a written report is sent to our office within (2) 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 or 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.

### 7 Days before Procedure

#### **1. Discontinue Blood Thinners**

You will likely need to stop the following blood thinners/anticoagulents prior to your procedure. Contact your prescribing physician for approval before stopping any of these medications. Call our office ahead of time to let us know if you cannot stop the medication.

**7 Days:** Plavix, Effient, Xarelto | **5 Days:** Aspirin, Coumadin (Warfarin), Aggrenox, Pradaxa | **3-5 Days:** Eliquis

#### **2. Discontinue Iron- Containing Medications.**

**3. Notify your office if you have kidney disease, you are on diabetes medication, or you have an internal defibrillator.**

### 3 Days Before Procedure

**Call EXPRESS REGISTRATION: (205) 481-8898**

**Monday- Thursday: 7 am-8:30 pm, Friday: 7 am-2:30 pm**

**If you need to reschedule your appointment, please call (205) 481-8424**

*Please have the following available:*

Patient Name/ Date of Birth/ Next of Kin, Social Security Number, Current Address, Insurance Information, Retirement Date, medications taken regularly/ known allergies

***Additional information not listed may be requested depending upon your insurance.***

## Day of Procedure

1. The nurse will admit you to a room and prepare you for your procedure. This includes taking a detailed history, starting an IV and providing a gown for your procedure.
2. You will be transported to the procedure room where your gastroenterologist will speak with you before your endoscopy.
3. After your endoscopy, you will be taken to the recovery area where your driver and family will join you as you wake from sedation.
4. Unless you have requested otherwise before your endoscopy, your gastroenterologist will talk with you and your driver together about the results of your test.
5. Once you have recovered enough to be safely transported home, you will be discharged in the care of your driver.

- **DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT**
- You will need to arrive at the hospital one (1) hour prior to your procedure.
- **Take ONLY your morning blood pressure, heart and breathing medications with a small amount of water.**
- **Postpone insulin injections until after the procedure.**
- If you wear dentures, bridges, contact lenses or hearing aids, you may wear them to the hospital.
- Leave all valuables (jewelry, etc) at home.
- You **MUST** have a responsible adult present during your procedure AND available to drive you home after you are discharged. you will be sedated and will not be able to drive.

### **What to bring with you:**

1. Current Driver's License or other ID
2. Insurance card
3. Copy of living will or advance directive
4. Any copayment required by insurance
5. List of medications you are currently taking WITH DOSAGES
6. A list of any known allergies