

Endoscopy Instructions: Review 1 week in advance

(Problems, Questions, or Cancellation? Please call 215-955-8900)

Procedure: _____

Date/Time: _____

Physician: _____

Place: 132 S.10th Street Suite 480 Main Building 4th floor Philadelphia PA 19107
2301 S. Broad Street 1st floor Outpatient Registration Philadelphia PA 19148

Referral: If required, **must** bring day of procedure or you will be responsible for costs

Transportation: For your safety, no matter what form of transport you are using, **someone must pick you up after the procedure.** If not, the procedure will be cancelled.

Clothing: Wear comfortable clothing and do **not** bring valuables

Special Conditions: Call us **before** the procedure if you have an artificial heart valve, past endocarditis, **OR** a defibrillator **OR** a recent prosthetic device (joint, vascular, other). Let your doctor and scheduler know if you have **ANY** kidney problem.

Medications – Review 1 week before your endoscopy

1. Do **NOT** stop aspirin.
2. Instructions for other medicines that thin the blood or affect platelets (coumadin, plavix, etc.) come from the prescribing doctor. **We send a form to your doctor for guidance. If we do not receive instructions, your procedure may be cancelled.**
3. **7 days before your procedure stop** herbs and non-prescription supplements
4. Diabetics: **Don't** take your oral diabetes medicine on the morning of the procedure. Usually insulin is not taken that morning, but discuss this with the prescribing doctor. Procedures are canceled if the blood glucose is above 300.
5. **Take your other medications** (heart disease, high blood pressure, reflux, etc.) on the morning of your endoscopy with **sips** of water, **but then do not take ANY food, liquid, mints, gum or candy by mouth for 2 1/2 hours before endoscopy.**

Diet Restrictions:

No solid food after 10 pm the night before endoscopy. You may continue clear liquids up to 2 1/2 hours before endoscopy, but **STOP** everything (this includes mints, sucking candy, gum, toothpaste) by mouth 2 1/2 hours before endoscopy.

Clear Liquids: sports drink, clear broth, apple juice, lemonade (no pulp), coffee or tea (**no creamer or milk**), jello, ices, soda. **Nothing** purple, red or orange. **No** solid food or dairy products. **Preferred:** drinks with sugar & electrolytes such as Gatorade® or broth

Additional Notes:

1. Avoid perfume or cologne on the day of your procedure