

PREPARATION INSTRUCTIONS FOR UPPER ENDOSCOPY

Arrival Time:

Patient : «FirstName» «LastName»

Procedure Date: «encDate»

Physician: «RendPrFName» «RendPrLName»

Before procedure day:

Arrange an escort: You will be given medicine during the procedure that makes you relaxed and sleepy, therefore you cannot drive a car or take public transportation home by yourself. **You must have a responsible adult to accompany you home; otherwise your procedure will need to be cancelled and rescheduled.** Please inform your escort that the entire visit will last approximately 3 hours.

It is **your responsibility** to call your **insurance** plan to ensure they will cover your procedure. **Please note there will be separate fees for your Physician, Facility, Pathology and/or Laboratory.**

You will need to **Pre-Register** with the facility where you have been scheduled 2 days prior to your procedure:

____ Alaska Digestive Center - 563-1750

____ Providence Day Surgery - 212-3149

____ Alaska Regional Day Surgery - 264-1952

_____ I have received the Patient Bill of Rights for ADC.

Three days prior to procedure day, STOP taking prescription Iron.

If you are taking Coumadin or any blood thinner – follow your doctors' instructions.

If you have any further questions or need to cancel or change your appointment, please call as soon as possible to (907) 569-1333.

Check our website at www.AlaskaGI.com for more assistance.

ON THE DAY OF the procedure:

Your stomach must be completely empty to allow for an adequate examination. Please **DO NOT EAT ANYTHING AFTER MIDNIGHT** on the evening prior to the procedure.

Take all normal medications but do not take your insulin on the morning of the procedure, unless instructed otherwise.

You may have clear liquids up until **4 hours before the procedure. NO SOLID FOOD.***

The results of your procedure will be mailed to your home address. Please call our office if you have any further questions.

Again, make sure your escort/driver is available to pick you up after the procedure.

***A liquid is clear if you can see through it.**

Examples include:

- Apple, white grape, white cranberry juices;
- Beef or Chicken broth/bouillon that are clear;
- Tea and coffee WITHOUT milk or dry creamers;
- Soda, Gatorade, Kool-Aid, Jell-O, Popsicles (any color **except red, orange, purple or blue**)

I have been informed of the Pre-Procedure and Preparation Instructions outlined above for my «ApptReason» procedure on «encDate» at «enctime» and understand them completely.