

ENDOSCOPY

YOUR PROCEDURE WILL TAKE PLACE AT:

ISLAND ENDOSCOPY CENTER, 1175 MONTAUK HIGHWAY, SUITE #1, WEST ISLIP, NY 11795

THE PROCEDURE IS SCHEDULED ON:

Date:

Time:

- **You MUST arrive 30 minutes prior to your scheduled time.**
 - Please read each page of the following instructions completely and carefully.
 - Call (631) 669-1171 *immediately* if you are unable to keep this appointment.
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WHEN YOU RECEIVE YOUR INSTRUCTIONS:

1. **Arrange for a responsible adult to accompany you. He/She must accompany you to and from the procedure. **YOUR DRIVER MUST PRESENT HIM/HERSELF TO THE RECEPTIONIST AT THE TIME YOU CHECK IN!**** Your exam will be **cancelled** if you do not have a driver. No public transportation will be permitted, unless prior arrangements are made and a responsible adult accompanies you.
 2. **If you take blood thinners (like Coumadin, Plavix, and Eliquis), you must check with the prescribing physician as to whether or not you can stop these medications and for how long.** You may continue taking aspirin.
 3. If you are taking **diabetic medication**, follow the attached diabetic instructions.
 4. **Stop taking iron supplements 7 days prior to your procedure.**
 5. **If you are a woman of childbearing age or menopausal less than 12 months, you will be required to give a urine sample for pregnancy testing when you arrive.**
 6. **Unless otherwise directed by your physician, take all of your medications on the day of your exam with small sips of water at least 2 hours before your procedure.**
 7. If you use an inhaler, please bring it with you and remember to use it on the day of the procedure.
 8. **DO NOT** drink any clear liquids 6 hours before to you procedure or it will be cancelled. This includes sips of water, candy, and gum except small sip with medication.
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INSTRUCTIONS:

Failure to follow these instructions may result in a repeat exam or cancellation of your exam.

1. **DO NOT EAT** (OR HAVE MILK PRODUCTS) **8 HOURS** BEFORE YOUR PROCEDURE.
 2. **DO NOT DRINK** **6 HOURS** BEFORE YOUR PROCEDURE.
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AFTER YOUR PROCEDURE:

- DO NOT operate any machinery or drive any vehicle for the remainder of the day.
 - DO NOT return to work/school. Rest for the remainder of the day.
 - DO NOT drink alcohol for the remainder of the day.
 - DO NOT assume responsibility for young children or anyone dependent on your care.
 - DO NOT travel by airplane until 24 hours after your procedure.
 - DO NOT make any important decisions or sign any legal documents until the day after.
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Discomfort

It is normal to feel bloated. This will last until the air is expelled. You may also have a mild sore throat. Throat lozenges, gargling with warm water and/or a non-aspirin pain reliever may help.

Medications

You may resume taking your medications unless instructed otherwise.

Activity

Rest for the remainder of the day.

Diet

You may resume your usual diet unless instructed otherwise. A light or liquid diet may be better tolerated if you feel very bloated and have gas cramps.

WHEN TO SEEK MEDICAL HELP:

If you experience any of the following symptoms below, call our office at (631) 669-1171 or go to the nearest emergency room.

1. Vomiting blood.
2. Pass dark stools.
3. Neck or Chest pain.
4. Constant abdominal pain that is not relieved by expelling air.
5. Body temperature of 100.4° F or greater.

SPECIAL INSTRUCTIONS FOR DIABETIC PATIENTS:

For people with diabetes, any procedure that causes you to miss a meal or change your usual meal plan will require special planning to safely manage blood glucose. These are general guidelines. Please call your healthcare provider, who manages your diabetes, with questions. If you are taking Ultralente/Lente insulin or if you use an insulin pump, please consult the prescribing physician regarding dosing.

If you check your blood sugar daily, check it more often the day before and the day of your exam. Check your blood glucose level before all meals and at bedtime on the preparation day and on the day of your procedure. Check your blood sugar if, at any time, you have symptoms of low or very high blood glucose. If you have a low blood sugar reading during the prep, you may clear drink fruit juice, regular soda, or take glucose tablets.

THE DAY BEFORE THE PROCEDURE:

- A. If you take **insulin**,
 - Talk half of your usual dose of regular/NPH/Lente insulin in the morning.
 - DO NOT TAKE any insulin in the evening.

- B. If you take **pills** by mouth,
 - Take half of your usual dose of oral medicine in the morning.
 - DO NOT TAKE any oral diabetic medication in the evening.

THE DAY OF YOUR PROCEDURE:

- A. If you take **insulin**,
 - DO NOT TAKE any insulin on the **morning** of your procedure.
 - Take half of your NPH/Lente insulin after the procedure, once you begin eating. DO NOT TAKE any regular insulin.
 - Do not make up or “double-up” on any missed medications after the procedure.
 - Take the usual dose of insulin in the **evening** as long as you are eating.

 - B. If you take **pills** by mouth,
 - DO NOT TAKE any oral diabetic medication on the **morning** of your procedure.
 - Take half of your usual oral dose of diabetic medication after the procedure, once you begin eating.
 - Do not make up or “double-up” on any missed medications after the procedure.
 - Take the usual dose of oral medication in the **evening** as long as you are eating.
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PLEASE BRING THE FOLLOWING TO THE ENDOSCOPY CENTER ON THE DAY OF YOUR PROCEDURE:

1. Insulin
2. Insulin syringes