

Endoscopy(EGD)-ERCP-EUS Prep Instructions PLEASE READ THESE CAREFULLY

BLOOD THINNERS:

- 5 Days prior to your exam stop taking **Plavix** (Clopidogrel) and **Coumadin** (Warfarin), **Effient** (Prasugrel)
- 2 Days prior to your exam stop taking **Pradax** (Dabigatran), **Xarelto** (Rivaroxaban), and **Eliquis** (Apixaban)
- Please check with your cardiologist about stopping these medications

5 DAYS PRIOR TO YOUR EXAM:

- If you have diabetes your primary care provider will advise you how to manage your medications prior to the procedure (e.g. insulin)

1 DAY PRIOR TO YOUR EXAM:

- You may eat a regular dinner, but stop eating solid foods after 7:00 pm. Restrict your diet to clear liquids thereafter. No solid food until after the procedure. Stay hydrated!

THE DAY OF YOUR EXAM:

- **Remember not to have any food until after your procedure!**
- You may have only water up until **4 HOURS PRIOR TO YOUR PROCEDURE START TIME.**
- We must insist on this “nothing by mouth” time for patient safety. Do not have anything by mouth after this point, as your stomach must be completely empty at the time of the procedure.
- If you have diabetes, test your blood sugar before coming in for your exam and bring the reading with you. If you take oral medications for your diabetes, don't take them the morning of your procedure unless otherwise instructed by your doctor. If you take insulin, take only ½ of your usual morning dose and bring the insulin with you to the procedure.
- You may take your usual medications (e.g. for blood pressure). Any medication taken the day of your procedure may be taken with a small sip of water **4 HOURS PRIOR TO YOUR PROCEDURE START TIME.**

OTHER INFORMATION:

- You must have someone available to drive you home after colonoscopy. If you are planning to take a taxi home, then a friend or family member must accompany you. Plan on spending 2-3 hours at the facility.
- You may receive up to 4 separate bills: 1-facility, 2-physician, 3-pathology, and 4-anesthesia.
- Wear comfortable clothing. Bring your glasses, hearing aids, inhaler, insurance cards, and completed information forms if applicable. Avoid bringing valuables. We will expect payment of co-pays, co-insurance, and deductibles at the time of service.
- If you must cancel or reschedule your procedure, then you must give notice 2 full business days in advance. Failure to do so will result in a \$100 cancellation fee.
- Additional information is available on our website: www.utahgastro.com