

## Endoscopy-Enteroscopy Prep Instructions PLEASE READ CAREFULLY

### 5 DAYS PRIOR TO YOUR EXAM:

- Ideally, anti-clotting medications are stopped 5 days prior to your Endoscopy to reduce the risk of bleeding during or after your procedure.
- If you take anti-clotting medications such as **Coumadin, Plavix, Pradaxa, Effient, Brilinta, or Xarelto**, then please discuss these medications with the prescribing physician (i.e. cardiologist, neurologist, or primary care provider). You are on these medications for an important clinical reason (i.e. heart disease, cardiac stent, atrial fibrillation, stroke, mechanical heart valve, history of blood clots).
- Please let us know if you are not allowed to stop these medications or if you are advised to use Lovenox or Heparin prior to your procedure.
- If you have diabetes, your primary care provider will advise you how to manage your medications prior to the procedure (i.e. 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 **3 HOURS PRIOR TO YOU 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 (i.e. for blood pressure). Any medications taken the day of your procedure may be taken with a small sip of water **3 HOURS PRIOR TO YOU PROCEDURE START TIME.**

### OTHER INFORMATION:

- You must have someone available to drive you home after your Endoscopy. 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, 4-anesthesia.
- Wear comfortable clothing. Bring your glasses, hearing aids, 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](http://www.utahgastro.com).

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**YOUR PROCEDURE IS SCHEDULED FOR** (date): \_\_\_\_\_ (time): \_\_\_\_\_

with Dr. \_\_\_\_\_ . *Check-in at the center marked below 1 hour prior to your exam time.*

- Davis Hospital & Medical Center**  
11600 Antelope Drive, Layton, UT. 801-807-7034 Use the ER Entrance.
- Dixie Regional Medical Center** — 1380 E Medical Center Drive St George, UT.  
435-251-1000. Northwest entrance 2nd floor Outpatient surgery Endoscopy Lab.  
If not contacted by the day before your procedure, call to pre-register 435-251-1839.
- Intermountain Alta View Endoscopy**  
North Specialty Center, 9450 S 1300 East, Sandy, UT.  
Please call 801-442-8600 1-2 days prior to your procedure to pre-register.
- Intermountain LDS Hospital** — 8th Avenue & C Street, SLC, UT., 801-408-1057  
Entrance West Wing of Hospital. Call 801-442-8600 or toll free 888-269-8674 the day  
before your procedure to pre-register - Free Valet Parking Available.
- Intermountain Medical Center** — 5121 South Cottonwood Drive, Murray, UT.  
801-507-3262. Check in at the Eccles Outpatient Building, Level 2. Free Valet Parking Available.  
Call 801-442-8600 or toll free 888-269-8674 the day before to pre-register.
- Lakeview Hospital**  
630 E Medical Dr., Bountiful, UT., 801-299-4657. South Entrance. Same Day Surgery Registration.
- Lakeview Endoscopy Center**  
620 E Medical Dr., Suite 200, Bountiful, UT., 801-299-6760. Call the day before your procedure to pre-register.
- Lone Peak Hospital** — 11925 S State St, Draper, Utah 84020 - Enter at the main entrance #1, check in at the  
information desk. Call 801-545-8180 to pre-register 3 days prior to your procedure.
- Mountain West Endoscopy Center** — 6360 South 3000 East, Suite 320, SLC, UT., 801-944-3166.  
If not contacted by the day before your procedure, call to pre-register.
- Riverton Hospital** — 3741 West 12600 South, Riverton, UT. 801-442-8600 or toll free 888-269-8674.  
Call the day before your procedure to pre-register.
- St. George Endoscopy Center** — 368 E Riverside Drive, Suite B, St. George, Utah 84790. 435-674-3109.
- St. Mark's Hospital Endoscopy**  
1200 E. 3900 S., Salt Lake City, UT., 801-269-7140. Call 801-268-7341 to pre-register 1-2 days prior to your procedure.  
Check-in at the registration desk inside the main entrance of the hospital.
- Wasatch Endoscopy Center**  
1220 East 3900 South, #1B, Salt Lake City, UT., Call 801-281-3657 Monday-Friday to pre-register 5-7 days prior to your  
appointment. Enter through the canopied "Emergency" entrance on the north side of St. Mark's hospital. Wasatch  
Endoscopy Center is the first door on your left.
- Utah Gastroenterology** — 360 South 3000 East Suite 310, SLC, UT 801-944-3199
- Valley View Medical Center** — 1303 N Main Cedar City, UT. 435-868-5000. Routine Diagnostic Center

**For Questions  
please call one  
of our offices:**

Bountiful  
801-298-0057

Murray/TOSH  
801-424-6310

Old Mill  
801-944-3199

Riverton  
801-727-4280

St. Mark's  
801-263-3041

St. George  
435-673-1149