

INSTRUCTIONS FOR:

UPPER GI ENDOSCOPY
(Esophagogastroduodenoscopy, EGD, Gastroscopy)

Endoscopic Retrograde Cholangiopancreatography
(ERCP)

Percutaneous Endoscopic Gastrostomy
(Peg Tube Insertion)

DAY BEFORE PROCEDURE: _____ You may eat a regular diet until 6:00pm.
At 6:00pm begin clear liquids only (**NO SOLID FOODS, THIS INCLUDES CHEWING TOBACCO**) until
3 hours prior to your procedure.

DAY OF PROCEDURE: _____
Nothing by mouth after: _____. **THIS INCLUDES WATER, GUM, AND HARD CANDIES.**

CLEAR LIQUIDS

Water, clear strained fruit juices (apple, white grape, white cranberry, lemonade with no pulp), clear broth or bouillon, Jell-O (plain, without added fruits or toppings), coffee (black), Gatorade, ice Popsicles or Italian ice, tea (plain), soft drinks (Sprite, 7-Up, Ginger Ale), and Kool-Aid. **None of these products should be colored red or purple. No solid foods, milk or milk products.**

ALCOHOLIC BEVERAGES ARE NOT CONSIDERED A CLEAR LIQUID!

****Please review the provided patient rights and responsibilities.****

MEDICATIONS

STOP ALL: dietary supplements, vitamins and herbal medications 2 weeks prior to your procedure.

- Take all of your prescribed medications as you normally do up until the day of your procedure with the exception of:

- Effient
- Pradaxa
- Eliquis
- Plavix
- Aggrenox
- Xarelto
- Coumadin

- If you take Coumadin/Warfarin, you must have a Protime/INR drawn at UPMC Carlisle on: _____ .

- The morning of your procedure take all other prescribed medications that you normally take in the morning (with a small sip of water) except the following:

- Medication 1
- Medication 2

- Bring all inhalers with you the day of your procedure.

IF YOU ARE DIABETIC

Insulin Dependent Diabetics: Take ½ of your normal evening dose of insulin the evening prior to your procedure.

DO NOT TAKE ANY ORAL OR INJECTABLE DIABETIC MEDS THE MORNING OF YOUR PROCEDURE.

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FLEXIBLE SIGMOIDOSCOPY AND/OR HEMORRHOID TREATMENT WITH SEDATION

For this procedure, it is necessary that either 1 cleansing enema or 1 Fleet enema be taken per rectum 2 hours prior to your appointment time. **DO NOT USE A MINERAL OIL ENEMA.** Regular Fleet enemas may be obtained at any drug store and have instructions for use enclosed

MORNING PROCEDURE

If your exam is scheduled for the morning, do not eat or drink anything after midnight the previous night. **THIS INCLUDES WATER, GUM, AND HARD CANDIES. NO CHEWING OR SMOKING OF TOBACCO OR ANY OTHER SUBSTANCES!** However, if you are taking any medication for high blood pressure, heart problems or a seizure disorder, continue to take them with a small sip of water.

AFTERNOON PROCEDURE

If your exam is scheduled for the afternoon, you may have clear liquids from midnight until 5 hours prior to the scheduled time of the procedure. You may take your blood pressure, heart, seizure and asthma medications as usual.

CLEAR LIQUIDS ONLY FROM MIDNIGHT UNTIL: _____, THEN NOTHING BY MOUTH. THIS INCLUDES WATER, GUM, HARD CANDIES AND NO CHEWING TOBACCO! NO SMOKING AFTER MIDNIGHT.

CLEAR LIQUIDS

Water, clear strained fruit juices (apple, white grape, white cranberry, lemonade with no pulp), clear broth or bouillon, Jello (plain, without added fruits or toppings), coffee (black), Gatorade, ice Popsicles or Italian ice, tea (plain), soft drinks (Sprite, 7-Up, Ginger Ale), and Kool-Aid. **None of these products should be colored red or purple.** No solid foods, milk or milk products.

ALCOHOLIC BEVERAGES ARE NOT CONSIDERED A CLEAR LIQUID!

MEDICATIONS

- Stop all multiple vitamins and iron 3 days prior to your procedure.
- Take all of your medications as you normally do up until the day of your procedure with the exception of:
- You will be instructed on how to take blood thinners.
- If you take Coumadin/Warfarin, you must have a Prottime/INR drawn at Carlisle Hospital on: _____.
- The morning of your procedure hold all medications except the following:
 - Medication 1
 - Medication 2
- Bring all inhalers with you the day of your procedure.

IF YOU ARE DIABETIC

Insulin Dependent Diabetics: Take ½ of your normal evening dose of insulin the evening prior to your procedure.

DO NOT TAKE ANY ORAL OR INJECTABLE DIABETIC MEDICATIONS THE MORNING OF YOUR PROCEDURE.