



US Digestive Health at Newark-Apex Medical Building

537 Stanton Christiana Road
Apex Medical Building, Suite 203
Newark, DE 19713
Tel: 302-225-2380 Fax: 302-225-2388

Date:

ARRIVAL TIME:

LOCATION:

****Please bring photo ID, insurance card and complete medication list the day of the procedure.****

1. If you are a diabetic, please check with our office regarding your medications. DO NOT take your oral diabetes medication or insulin the day of the procedure. It is OK to take any other medications (blood pressure, heart, etc.) with sips of water at least 2 hours prior to your arrival time at the Endoscopy Center. If you are breast feeding, please consider storing breast milk 24 hours prior to receiving anesthesia.
2. **You may eat your regular diet until 24 hours prior to your procedure then switch over to clear liquids only** (water, tea, coffee without milk), strained fruit juice without pulp (apple, white grape, lemonade), plain Jell-O (without fruits or toppings, avoid red or purple Jello-O), clear broth or bouillon, Gatorade, carbonated and non-carbonated soft drinks, Kool-Aid (or other fruit flavored drinks) and ice Popsicles. **Nothing to eat or drink 4 hours prior to procedure.**This is so your stomach will be empty at the time of your procedure.
3. Day of exam take your medications **except oral diabetes medications and specific weight loss medications indicated on attachment** with a small amount of water at least 2 hours prior to your arrival time. Do not eat or drink anything (even sips of water) in the 2 hours prior to your arrival time. Failure to follow the above could risk your procedure being cancelled by anesthesia.
4. **If you are a current smoker please refrain from smoking on the day of your procedure.**
5. **Please cease all medicinal and recreational smoked or vaporized cannabis (weed) 12 hours prior to procedure. Ingested cannabis or CBD oil must be stopped 8 hours prior to procedure.**
6. **You must arrange for transportation, as you will have anesthesia for the procedure. Your driver must remain at the facility with you during your procedure. Please be advised UBER and public transportation cannot be used to transport you to and from the Endo TEST.**
7. **Failure to show for your appointment or less than 72 business hours notice of cancellation may result in a charge of \$100.00, NOT payable by your insurance company.**



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INSTRUCTIONS FOR MEDICATIONS

BEFORE A PROCEDURE

Please discontinue iron supplements five (5) days prior to procedure.

PLEASE DO NOT STOP YOUR ASPIRIN

If you are taking Coumadin, Jantoven, Plavix, Brilinta, Effient, Pradaxa, Aggrenox, Agrylin, Pletal, Ticlid, or Persantine or any other blood thinner, please contact our office at least 7 days prior to your procedure for instruction regarding when to stop these medications. If you do not stop these medications in time, your risk of bleeding may be increased and your endoscopist may cancel the procedure. If you are not sure that you take a blood thinner, please ask your Primary Care Physician.

You should be aware that when you are not taking these medications, you may be at an increased risk for heart attack, stroke or blood clots. You should ask the doctor who prescribed these medicines about these risks.

**For patients on insulin: Take half of the evening insulin dose the day before
Do not take morning dose before procedure. Can take evening dose after the procedure**

Patients on Oral medication: Hold morning dose the day of the procedure. Can take evening dose after the procedure.

Check blood sugars often.

If you take any medications for blood pressure or cardiac medications please take them two (2) hours prior to your procedure with a small sip of water.

If you have any questions please feel free to contact the office at (302)225-2380