



***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

**PATIENT:** ..

**PHYSICIAN:**

**PROCEDURE DATE:**

**ARRIVAL TIME:**

**YOUR ARRIVAL TIME IS SUBJECT TO CHANGE, WE APPRECIATE YOUR FLEXIBILITY. YOU WILL BE NOTIFIED THE DAY PRIOR TO YOUR APPOINTMENT OF ANY TME CHANGES.**

**LOCATION: ENDOSCOPY CENTER OF DELAWARE**  
1090 Old Churchman's Rd  
Newark, DE 19713  
(302) 892-2710

**CHRISTIANA HOSPITAL - GI LAB**  
4755 Ogletown-Stanton Rd  
Newark, DE 19713

**WILMINGTON HOSPITAL - GI LAB**  
501 West 14th St - 3rd Floor  
Wilmington, DE 19801  
302-320-2817

**MID ATLANTIC ENDOSCOPY CENTER**  
Metro Professional Bldg  
4923 Ogletown-Stanton Road, Suite 100  
Newark, DE 19713  
(302) 993-0310

**ST FRANCIS HOSPITAL - Same Day Surgery**  
701 N. Clayton Street  
MOB 3rd Floor  
Wilmington, DE 19805  
302-421-4340

**\*\*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 midnight of the day prior to your procedure. If your procedure is scheduled in the morning, you should have nothing to eat or drink after midnight prior to your endoscopy. If your procedure is scheduled in the afternoon, up to four hours prior to your procedure you may have a clear liquid breakfast ( 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. 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** 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.**



*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

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.
- 

**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**