



NORTH VALLEY GASTROENTEROLOGY MEDICAL GROUP  
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## UPPER ENDOSCOPY INSTRUCTION SHEET

Patient Name: \_\_\_\_\_ Date of Procedure: \_\_\_\_\_ Time: \_\_\_\_\_

Place: The Endoscopy Center Rideout Memorial Hospital Feather River Surgery Center

**IF YOUR PROCEDURE IS AT THE ENDOSCOPY CENTER: PLEASE READ RIGHT AWAY!**

- 1. YOU MUST BRING A LIST OF ALL MEDICATIONS (PRESCRIPTION, OVER THE COUNTER, VITAMINS, HERBS, AND DIETARY SUPPLEMENTS). This list must include the medication name; dose (how much you take-one tablespoon, 10mg, 2 puffs); Frequency (how often you take the medication, every morning, every evening, twice a day, once a week, as needed). If you do not have your medication list your procedure will be postponed while you go home and get the list or rescheduled for another time.**
- 2. Call your insurance company to verify benefits at The Endoscopy Center.**
- 3. Please do not arrive any earlier than your scheduled time, as a bed may not be available. Doors open at 6:30am.**
- 4. Your procedure will start approximately 30 minutes after your scheduled arrival time.**
- 5. Your length of stay will be approximately 2 hours.**
- 6. If you wear reading glasses, please bring them. You need them to read your consent and discharge instructions.**

7. Wear comfortable clothing- you will be given a patient gown to wear for the procedure.
8. It would be best to leave your valuables at home.
9. If you normally wear a pad for urine or stool incontinence, you may want to do so after the procedure.

**SPECIAL INSTRUCTIONS AND RESTRICTIONS:**

1. NOTHING TO EAT OR DRINK AFTER MIDNIGHT.
2. Let your doctor know if you are on any blood thinners such as Plavix, Pradaxa, Warfarin, Effient, Prasugrel or lovenox..) PLEASE CALL PRESCRIBING PHYSICIAN BEFORE HOLDING IT.
3. ON THE DAY OF YOUR PROCEDURE TAKE ALL YOUR BLOOD PRESSURE AND HEART MEDICATIONS as prescribed with a small drink of water.
4. Insulin and Diabetes Pills: If you are a diabetic, it is important to monitor your blood sugar. You should not take any diabetic medications/ INSULIN on the day of your procedure. Please be sure to check your blood sugar at home at bedtime and on the morning of your exam.
5. Please bring only ONE person as space is limited. CHILDREN ARE NOT ALLOWED.
6. YOU WILL NEED A DRIVER the day of your procedure and someone to stay with you. You will be sedated for your procedure and likely to be sleepy. You MUST NOT DRIVE (it is illegal and unsafe), operate machinery, use stove/oven, make important decisions, or sign important papers for 24 hours. (We can not send you home in a taxi.)
7. Your Physician will speak to you and your driver between procedures. Because of the medication you may not remember your doctor talking to you. This makes it very important that your driver be present to hear what the doctor has to say.