



PRE-PROCEDURE INSTRUCTIONS FOR ENDOSCOPY

*****You will be called on the day before your surgery with your appointed arrival time. If you have not been given your time by 2pm, please call the Hospital at 360-496-5112 and request your appointment time from the Admissions Receptionist.**

1. **DIET:** Do NOT eat, drink, or take anything by mouth after MIDNIGHT before your procedure. This includes candy, mints, coffee, tea, water, gum, lozenges, tobacco or cigarettes. If you have been instructed to take morning medications, you may take these with a SIP of water, not milk, juice, coffee, or tea. To avoid anesthesia complications, do not smoke or chew tobacco products 24 hours before your scheduled procedure. Drink plenty of clear liquids up until midnight to help prevent dehydration.
2. **MEDICATIONS:** If you are diabetic DO NOT TAKE ANY DIABETIC PILLS OR INSULIN the morning of the procedure. Your blood sugar will be checked at the hospital prior to the procedure and treated as necessary. STOP all herbal supplements, Vitamin E, diet pills, multivitamins, and NSAIDS (ibuprofen, Advil, Aleve, Naproxen) 7 days prior to the procedure **if instructed** by your surgeon. STOP all anticoagulants, diuretics, heart medications, and cholesterol medications **when instructed** by your surgeon.
3. **INHALERS:** If you use prescribed inhalers, please bring them with you the day of your procedure.
4. **VALUABLES:** Please leave jewelry, watches, cell phones, purse/wallet, cash and all other valuables at home. It is sometimes necessary to remove jewelry the day before. You CAN wear dentures, glasses and hearing aids.
5. **TRANSPORTATION:** It is required that you have a responsible person provide you with transportation home after your procedure. You may NOT drive yourself, ride a bus or walk home after discharge.
6. **BOWEL PREPARATION:** It is important to complete the prep as directed. Follow the instructions included in your packet.
7. **PERSONAL HYGIENE:** Please shower using soap and wear clean, loose, comfortable clothing the morning of your procedure.
8. **VISITORS:** During your admission and procedure, visitors will be asked to remain in the waiting area located in the lobby. *If the patient is a child, the parent(s) will be permitted. Following the procedure, one visitor will be allowed to join you. The reason for limiting visitors is to insure the privacy and care of all patients during admission and recovery. Please arrange to leave children and numerous family members at home.
9. **CALL YOUR SURGEON** for further instructions if you accidentally eat or drink after midnight. If you have further questions please call Outpatient Services at 360-496-3587.



DO's and DON'Ts for Outpatient Procedures/Surgery

DO:

- ✚ Leave all jewelry and valuables at home
- ✚ Shower with soap the morning of your procedure
- ✚ Wear loose comfortable clothing
- ✚ Wear glasses, dentures, hearing aids
- ✚ Bring I.D. and insurance cards
- ✚ Take medications **ONLY if instructed by your doctor**
- ✚ Complete the bowel prep as instructed
- ✚ Bring inhalers, contact lenses case
- ✚ Arrange for a ride home from the hospital
- ✚ Drink lots of water the day before

DON'T:

- ✚ Take ANYTHING BY MOUTH after midnight
- ✚ Use lotion, perfume, makeup, nail polish etc.
- ✚ Wear any jewelry, contact lenses, hair clips
- ✚ Plan to drive yourself home, or walk home
- ✚ Smoke or chew tobacco for 24 hours prior to your procedure
- ✚ Take any diabetic medication the morning of your procedure