

## GREATER BOSTON GASTROENTEROLOGY

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## PREPARATION FOR ENDOSCOPY

You are scheduled for an endoscopy on: \_\_\_\_\_ at: \_\_\_\_\_.

Please check in at: \_\_\_\_\_.

### ***MetroWest Medical Center***

67 Union Street  
Surgical Daycare / 3rd floor  
Natick, MA 01760

### ***Boston Endoscopy Center***

175 Worcester Street  
Wellesley Hills, MA 02481

### ***Marlborough Hospital***

157 Union Street  
Marlborough, MA 01752

### ***MetroWest Medical Center***

115 Lincoln Street  
Endoscopy Dept. 1<sup>st</sup> Floor  
Framingham, MA 01702

### ***Charles River Endoscopy***

571 Union Avenue  
Framingham, MA 01702

**Please read the materials in this packet as soon as you get them - do not wait until the day of your test.**

**This is important because your preparation begins one week before the day of your test.**

1. It is extremely important that you make arrangements to have a responsible adult available to take you home after your procedure. **You may not drive yourself home after the test.** If you take a cab, someone must ride home with you in the cab (in addition to the cab driver). This is a policy that is strictly enforced for your safety. No exceptions are made unless you plan to undergo the procedure without sedation. If you wish to do this, you should discuss with your doctor in advance.
2. You must have the entire day off, no working, no driving, and no plans. You will receive sedatives for your procedure. As you recover from the sedatives, you should not go back to work or school and you should not make important decisions. If you normally care for children or disabled relatives, get help with these responsibilities on the day of your test.
3. Please bring with you to your procedure a list of all of your current medications.
4. **A \$50.00 cancellation fee will be billed directly to the patient for any appointment not cancelled with a 48 hour notice.**

**When this procedure was scheduled, the insurance on file for you was: \_\_\_\_\_**

**If your insurance changes, you must notify the office at 508-620-9200 at least 14 days prior to your procedure.**

**You will be responsible for any charges due to lack of correct insurance information.**

## PREPARATION FOR UPPER ENDOSCOPY

There are some very important facts that you need to be aware of:

- 1) If you take **Coumadin or Warfarin**, in general it will need to be discontinued five days before the procedure.
- 2) If you take **Plavix**, in general it will need to be discontinued seven days before the procedure.
- 3) **Important** – do not stop taking any medicine that a doctor has asked you to take without talking first with that doctor. He/she may want you to continue to take the medicine even during your preparation for procedure. If this is the case, please let us know as special arrangements, including a possible pre-procedure office visit may be necessary. Your prescribing physician may need to speak to one of our doctors. This is particularly important for patients on insulin or other diabetes medications and those on Coumadin, Warfarin or Plavix. Do not assume that it is safe to stop one of these medications even if you have done so before.
- 4) You should continue taking all other regular medications, even on the day of the examination.
- 5) If you regularly use a CPAP machine for treatment of **Sleep Apnea**, please bring it to the hospital/endoscopy center the day of your procedure.
- 1) If you have **Diabetes**, preparing for a procedure involves some temporary changes in your diet. It is important that you know how to adjust your insulin or your oral medicines during this time.
  - a) On the day before your test, most patients find that they do not need to adjust the **insulin** they normally take during the day.
  - b) If you take **oral diabetes medication** for your diabetes, you should not take it the night before your procedure.
  - c) On the day of your test, you will not be eating or drinking for several hours. If you use **short-acting insulin**, you should not take it on the morning of the test. If you use **longer-acting insulin** in the morning, please take ½ your usual dose.
  - d) If you take an **oral diabetes medication**, please do not take it until after your procedure is over.

**If you are unsure about whether to change your medication dose(s) the day/night before the test, please call the doctor who takes care of your diabetes for advice.**

### **DAY OF EXAMINATION:**

1. If your procedure is before noon, you should have nothing by mouth (except medications with minimal water) from midnight on. If your procedure is after noon, you can take clear liquids up to four hours before the procedure, but no thick liquids or solid food after midnight.
2. The examination will take approximately thirty minutes, but may vary from patient to patient. After the examination is completed, you will spend approximately one hour in our recovery area. The total average time you will be at the facility / hospital is 2 to 4 hours.
3. Please keep in mind that this is an estimated appointment time. Because the time involved in each procedure is often unpredictable, and procedures are scheduled to follow each other consecutively; there are occasions when the schedule runs behind. Your patience and understanding are appreciated.

### **DAY AFTER EXAMINATION:**

You can expect to resume normal activities again unless otherwise indicated. After the procedure, you will be given instructions about diet and medications.

## **INFORMATION REGARDING AN UPPER ENDOSCOPY**

### **What is an upper endoscopy?**

An upper endoscopy is a procedure which allows the doctor to examine the inside of the esophagus, stomach, and small intestine. It can reveal details not seen on x-ray.

### **What is an endoscope?**

The endoscope is a flexible instrument with an optical system which allows the doctor to “see around corners”. It has a “steering” mechanism by which the lenses can be pointed in any direction and “operating” channels through which biopsies can be taken and instruments passed, if necessary. A bright light illuminates the inside of the digestive tract after it has been inflated with air. Intestinal liquids can be removed through the instrument by suction, for better visualization.

### **How is the procedure performed?**

The procedure is performed on an outpatient basis. You will be given intravenous medications (versed and fentanyl, or similar medicines) to make you sedated and comfortable. Prior to this, you will be given a gargle or spray to numb the throat.

You will be lying on your left side. If an abnormality is seen or suspected, a small portion of tissue (biopsy) may be removed for microscopic study. Small growths can frequently be removed (polypectomy) and vascular abnormalities can often be destroyed with an electrical current (electrocoagulation). The visual appearance of pertinent areas may be recorded on photographic film.

### **Can there be complications?**

The risk of upper endoscopy complications is extremely small. Nevertheless, there is a possibility of perforation or hemorrhage or adverse reaction to medications. Also, as with any procedure, other unforeseen complications may rarely occur.

We hope this helps you understand better the procedure you are scheduled to have. If you have any further questions, please feel free to call us.

### **What is considered a CLEAR LIQUID?**

The following items are those that may be used in a CLEAR LIQUID diet:  
Broth, Bouillon, Ginger ale, Sprite, 7-up, Apple juice, White grape juice, Water,  
Popsicles, Jell-O (no red or purple colored, no fruit or cream added)  
Black coffee or tea (may have sugar but no milk or cream)