



Winchester Gastroenterology Associates

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Upper Endoscopy/EGD/Dilation/EUS or ERCP PREP INSTRUCTIONS

Blue Ridge Endoscopy and Winchester Endoscopy are located in Medical Office Building 2, Suite 100 and 150 on the campus of Winchester Medical Center.

You are to arrival 1 hour prior to your scheduled procedure time.

If you cannot make your appointment time, please immediately notify us at 540-667-1244. This number is available afterhours for messages. Failure to notify us of your cancellation within 48 hours may result in a charge of \$75.00 to you.

- At Blue Ridge and Winchester Endoscopy, we may use an Anesthesiologist for sedation – you could incur an additional cost/bill for the Anesthesiologist. You will also receive a separate bill from Blue Ridge for the facility fee. If you do not have insurance, please call our office at (540) 667-1244 to make payment arrangements.
- We will contact your insurance carrier for pre-authorization; however, it is YOUR RESPONSIBILITY to check on the benefits for covered services from YOUR insurance carrier.
- Expect to spend 2.5 to 3 hours after your arrival. This time includes preparation as well as the procedure itself, and then time to adequately recover from the sedation. Keep in mind this time may vary due to unexpected delays.
- Since you will be sedated, you will need to arrange for someone to drive you home after the procedure. **If you do not have a driver your procedure will be cancelled. You cannot go home by cab or Uber unless you have a responsible party with you.** Your driver should wait for you in your room to listen to the doctor's comments.

Diet	<p>You may have clear fluids up until midnight prior to your procedure (NO cream or milk. <u>NO RED, ORANGE, PURPLE, or PINK drinks</u>).</p> <p><u>NO food or solids after midnight the day of your procedure. You can have clear liquids up until 12 hours prior to your appointment.</u></p> <p><i>Absolutely nothing by mouth for 12 hours before the procedure.</i></p>
Routine Medications	<p>You may take your usual medications with a small sip of water 4 hours before your procedure time.</p> <p>DIABETES medications are usually held or reduced to half strength before this procedure because your food intake is restricted.</p> <p>Your medications can be restarted immediately after the procedure, unless otherwise specified. If you take PHENTERMINE, please stop this medication 4 days prior to the appointment.</p>
Anticoagulation (BLOOD THINNER) Medications	<p>Aspirin does not need to be stopped prior to appointment.</p> <p>You may need an anticoagulation clearance from your prescribing physician before stopping your blood thinner. If you have any questions on your blood thinner, please call the office for instructions at 540-667-1244.</p>
Tobacco	<p>Do not smoke, vape or use any other tobacco products the day of your procedure.</p>

*Clear fluids include: sports drinks, broth, black coffee/tea, clear soda, clear fruit juices (no pulp), gelatin/jello

Recovery: You should take it easy after discharge until all the drug effects have worn off. Any special needs, like work notes, should be discussed prior to discharge with the nurse or physician. You are not allowed to drive yourself home after the procedure.

PROCEDURE DATE: _____ ARRIVAL TIME: _____