



AN AFFILIATE OF HOSPITAL SISTERS HEALTH SYSTEM

## INSTRUCTIONS FOR OUTPATIENT ENDOSCOPIC PROCEDURES

### What to expect the morning of your procedure

1. Do not eat any breakfast the day of your procedure. Do not eat after midnight. You may have clear liquids up to 4 hours prior to procedure, no red liquids. **(The exception is to finish the last remaining dose of prep.)**
2. You may take all your medications, except antacids (Tums, Soda Bicarb, Mylanta, Maalox, and Oxaine), with a small amount of clear liquid.
3. If you are Diabetic, **DO NOT TAKE** your insulin. Your procedure will be scheduled early and then you may take your insulin.
4. Notify your doctor or the hospital if you develop a cold, sore throat, cough, fever, or any other illness prior to your procedure.
5. Please leave all valuables and large amounts of money at home. The hospital cannot be responsible for money and other valuables.
6. Please remove nail polish and jewelry, if possible, prior to arrival. If you wear contact lenses, please bring your case, as you will be asked to remove your contact lenses.
7. You will not be allowed to drive home. **Please come accompanied by a person who will drive you home.** You are not allowed to take public transportation, taxi cabs, or to drive a car following the procedure. You should not drive, operate machinery, or ingest alcohol for **24 hours** after leaving the hospital.
8. When you arrive at the hospital you will be taken to a room to change into a hospital gown. It is not necessary to bring a robe or slippers.
9. You will be asked to sign a consent form. If you are under the age of 18, the permit must be signed by a parent or guardian.
10. A nurse will go over your health history; your temperature, pulse, and blood pressure will be taken. An IV will be started.
11. Your anesthesia will be IV Sedation unless scheduled otherwise by the physician's office. IV Sedation is as follows:
  - a. A nurse will take you into the procedure room. Here they will hook you up to monitors to watch your vital signs. Once everything looks acceptable, the nurse will give you medication through your IV.
  - b. You will be given a combination of Versed and either Fentanyl or Demerol. These medications will make you sleepy and forgetful.

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- c. It is our intention to get you as comfortable as possible for these procedures. Please note that these medications make you sleepy, but still allow for verbal responses from the patient. The nurse will monitor you while the procedure takes place and try to limit the pain and discomfort.
12. Once the procedure is over and you are stable, you will be brought back to your room to be monitored. You will be here for an hour or longer depending on how the medication effects dissipate.

### **Following your procedure**

1. Your vitals will be taken.
2. Your surgeon will come to visit with you after your procedure. Due to the effects of the medication, you may not remember this visit.
3. It is our goal to make sure you are informed of what took place with your procedure. You will be given an Endoscopy Explanation Sheet which will inform you of the procedure that will be performed, and what results were found. This will be given to a family member or placed in your take-home folder.
4. You will be given a discharge instruction sheet with instructions to follow for the day after your procedure.
5. If you have any questions, please call St. Joseph's Outpatient Services at (618) 651-2770.

**We look forward to offering you the best patient care, and meeting all of your needs and expectations.**