

**QUESTIONS? CONCERNS?**  
Our Endoscopy Navigator is available to help you navigate your way through this. After Hours – 1-800-910-7395  
Mon-Fri – 8:00 AM – 4:30 PM - 574-204-6904

<b><u>1 WEEK PRIOR TO YOUR PROCEDURE</u></b> Date _____	<b><u>5 DAYS PRIOR</u></b> Date _____	<b><u>1 DAY PRIOR</u></b> Date _____	<b><u>PROCEDURE DAY</u></b> Date _____
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**Diabetic patients:** You will be fasting for this procedure. Check with the physician who manages your diabetes for instructions on any changes to your diabetes medications. Be sure to mention the date and time of your procedure, and be sure to follow the instructions provided to you by your diabetes physician..

**If you have been told that an ESOPHAGEAL DILATION is planned, you will need to stop taking certain medications as early as ONE WEEK BEFORE YOUR PROCEDURE**

Please call our Endoscopy Navigator at 574-204-6904 if you are taking ANY blood thinners. Examples are listed below but this list may not include ALL possible blood thinners:


- Aggrenox, Plavix, Ticlid, Effient
- Coumadin (Warfarin), Pradaxa
- Lovenox (enoxaparin)
- Aspirin 325mg
- Pain killers or arthritis medications - Stop 24 hours prior

**DO NOT STOP** taking medications unless our office instructs you to do so.

**IF you have any of the following conditions, please call our Endoscopy Navigator at 574-204-6904 one week prior to your procedure. In some cases, special considerations or adjustments need to be made.**


- Diabetes
- Artificial Heart Valves
- History of Joint Replacement
- Pacemaker or Defibrillator
- Chronic Constipation


**TRANSPORTATION**  
Make sure you have arranged for someone to come with you to your procedure.



**YOU MUST HAVE A DRIVER age 18 or older**

You will be given medications that will make you very sleepy.  
**You will be unable to drive.**  
Without a driver, we will be forced to cancel your procedure.

** CANCELLATIONS:**  
If you are unable to keep your appointment, please call 574-204-6425 TODAY to cancel. It will allow another patient the opportunity to be seen sooner, and you will avoid any “no show” or “late cancellation” fees that may apply.


 **EXPECT A CALL**  
Our pre-op staff will call you to complete our medical preparation notes.

**DIET INSTRUCTIONS**

YOU MAY EAT AND DRINK ALL DAY UP UNTIL MIDNIGHT.

** DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT TONIGHT EVEN WATER**

**EARLY MORNING**  
Take your usual medications with a sip of water, EXCEPT the medications you were told to stop.



**BE SURE TO BRING THE FOLLOWING ITEMS WITH YOU TO THE PROCEDURE:**

- Co-Pay, Insurance Card, and Valid Picture ID
- Medication list
- Signed Patient Rights (South Bend Clinic Surgery Center patients only)
- Driver/Companion

**ARRIVAL INFORMATION**

- Plan to arrive one hour prior to your scheduled procedure time.
- South Bend Clinic Surgery Center patients: Enter off of Colfax St. on south side of building.