



The Day of Your Procedure

3 Hours Before Your Procedure

- Nothing by mouth.
- Nothing to eat or drink until after your procedure.
- Do not use chewing tobacco, gum, lozenges, candy, or breath mints.
- If you take daily medication for HIGH BLOOD PRESSURE, IRREGULAR HEART BEAT, SEIZURES, ASTHMA, THYROID, OR PREDNISONE, please take it with small sips of water only, at least 3 hours before your procedure.

Transportation

- Please arrange transportation with an escort over the age of 18 that you trust to receive your discharge instructions. All patients will be required to have an escort, as you cannot drive, take a taxi, Uber, or Lyft without an escort. Your escort can stay with you before and after your procedure or wait in the Endoscopy Center waiting room until you are done. The time between arrival until you leave is approximately 2 hours.

After Your Procedure

- YOU MUST REFRAIN FROM WORKING, DRIVING, OR OPERATING HEAVY MACHINERY FOR AT LEAST 12 HOURS.
- ALCOHOL AND SEDATIVES SHOULD BE AVOIDED FOR 24 HOURS.
- IF YOU HAVE BIOPSIES OR POLYPS REMOVED, YOU WILL NEED TO AVOID ASPIRIN, ASPIRIN-RELATED PRODUCTS, AND BLOOD THINNERS FOR 24 HOURS.