



Mercy Endoscopy Services

INSTRUCTIONS FOR UPPER ENDOSCOPY

IMPORTANT - Please note these Instructions are for intended for an upper endoscopy procedure only. If you are scheduled for a colonoscopy or a colonoscopy and upper endoscopy please follow the instructions for colonoscopy.

Thank you for choosing Mercy Endoscopy Center for your healthcare needs. We strive to provide the best possible experience for our patients.

➤ **PLEASE REVIEW THE FOLLOWING DETAILS UPON RECEIVING THIS PREP SHEET.**

- Diabetic patients:** It is important that you receive directions on how to take your oral and injectable diabetes medication for day of your examination. You should be contacted by a facility nurse at least 3 days prior to your exam, if not please call the number of the facility above or contact the physician that prescribes your diabetic medications.
- If you take a prescription blood thinner** (I.E. Coumadin, Warfarin, Plavix, Clopidogrel, Effient, Brilinta, etc.) please follow the recommendations provided to you by your gastroenterologist. Please confirm with your prescribing physician that you are able to hold this medication for the requested time frame **before** you skip any dose. If you have not been provided recommendations regarding these medications, or if your prescribing doctor does not approve of you holding the medications for the recommended time frame, please *contact our office immediately for further direction.*
- If you have **heart stents** placed within one year, or if you have **prosthetic heart valve, pacemaker** and/or **defibrillator**; Please ensure that our office is aware of this well in advance of your scheduled procedure. In some instances special forms may need to be completed by your cardiologist and sent back to the clinic before you can be cleared to receive anesthesia for this procedure.
- If questions should arise when reviewing these instructions or if anything seems contrary to the instructions verbally provided to you by a physician or the clinic scheduler, **please contact the GI facility** where you are scheduled as soon as possible for clarification.

➤ **THREE DAYS PRIOR TO ENDOSCOPY:**

- Stop taking any non-steroidal anti-inflammatory drugs often identified as **NSAIDs** (I.E. Ibuprofen, Naproxen, Aleve, Etc.) until after your procedure. Tylenol is acceptable to take if needed. You may continue to take a once daily aspirin regimen during this time frame.

➤ **ONE DAY PRIOR TO ENDOSCOPY:**

- Nothing more to eat or drink after Midnight. This requirement is for your safety and to prevent any delays in your procedure time.**

➤ **DAY OF THE EXAMINATION:**

- Diabetic patients should make appropriate adjustments to oral and injectable medications as previously instructed. If you have not received instructions on these medications please contact the facility or the prescribing physician.
 - Refrain from smoking the day of the procedure.
 - If you normally take heart, high blood pressure or seizure medications in the morning, please do so with a small sip of water.
- **Women:** You may be required upon arrival to undergo a pregnancy test prior to your procedure.
 - Please remove any jewelry prior to leaving for the facility as jewelry cannot be worn during your procedure.
 - Leave all valuables at home or with your driver.

Bring with you:

1. A responsible adult, 18 years or older to drive you home, and remain at the **Mercy GI Endoscopy Center** for the duration of your stay. **You will be given sedation during your examination. You will NOT be allowed to leave unaccompanied, drive a car or work for the remainder of the day. You CANNOT take a cab, Uber or any non-medical transportation.**
2. **Insurance cards and prescription cards, legal photo ID and a list of your medications.**

If you have to **CANCEL** or **RESCHEDULE** your procedure, please call the facility where you are scheduled.

FACILITY NUMBERS:

Mercy Hospital St. Louis- 314.251.6359

Mercy Endoscopy Center- Lake St. Louis 636.561.5450

Mercy Endoscopy Center- Des Peres 314.984.0550

Mercy Endoscopy Center- Clayton/Clarkson- 636.256.5250