

131 Old Road to Nine Acre Corner  
John Cuming Bldg., Ste. 740  
Concord, MA 01742  
Ph: (978)287-3835 \* Fax: (978) 287-2979

## ENDOSCOPY INSTRUCTIONS

Date \_\_\_\_\_ Time \_\_\_\_\_

Please arrive at the Emerson Hospital main entrance at \_\_\_\_\_ and go directly to the **Gastrointestinal Treatment Center** on the third floor.

**Diet: Nothing** to eat after midnight and nothing to drink 4 hours before your procedure. No tobacco or chewing gum after midnight the night before your procedure.

**You must have someone drive you home and stay with you for up to 12 hours after the procedure, as you will be drowsy, and you will have some degree of recent memory loss for several hours after the procedure. If adequate arrangements have not been made your procedure will be cancelled. Expect to be at the hospital for 2-3 hours. Plan on light activity after the procedure. You may return to full activity on the day after the procedure.**

**Important:** *The single most important thing you can do to prepare for your procedure is to read and follow all of these instructions exactly. If you come in properly prepared, you will not risk the inconvenience of having to come back and repeat the test due to poor preparation.*

**If you take any type of anticoagulant or anti-platelet (blood thinning) medication: please call your prescribing physician for instructions on how to take the medication prior to the procedure: i.e.- Coumadin, Aggrenox, Effient, Plavix, Pradaxa, Lovenox, Xarelto, Ticlid.**

**CONTINUE TO TAKE:** All maintenance medications- heart and blood pressure, anti-anxiety and seizure, allergy, asthma and cholesterol medications.

### **\*DO NOT STOP TAKING ASPIRIN\***

**Medication Restrictions 7 days prior to the procedure:**

#### **DO NOT TAKE:**

##### **Generic:**

Ibuprofen  
Naproxen  
Diclofenac  
Meloxicam  
Piroxicam  
Indomethacin  
Oxaprozin  
Etodolac  
Nabumetone

##### **Brand:**

Advil, Motrin  
Aleve, Anaprox  
Arthrotec, Valtaren  
Mobic  
Feldene  
Indocin  
Daypro  
Lodine  
Relafen

##### **Also avoid:**

Fish oil  
Ferrous Sulfate (Iron)  
Iodine  
Alka-Seltzer

**3 WEEKS PRIOR:  
STOP QSYMIA**

**Questions or problems please call us at 978-287-3835.**