

**SIERRA NEVADA MEDICAL OUTPATIENT SURGERY
SIERRA ENDOSCOPY CENTER, INC**

GASTROSCOPY/ERCP/BRAVO INSTRUCTIONS

Your physician has scheduled an endoscopy procedure for you at the facility circled at the bottom of this page. We care about your well-being and want to make your brief stay with us as comfortable as possible. Please read the following instructions on how you can best prepare prior to your admission.

Two business days prior to your procedure, you will receive a phone call from a nurse either from the hospital or Sierra Endoscopy. He/she will inform you of the time you need to arrive for your procedure and will review other information with you. If you will not be at home or at work on this day, please call (for the hospital) 274-6615 or (for the center) 272-0527 after 3:00 p.m. two business days prior to your procedure for your instructions.

You will receive medication to make you more comfortable during your procedure. Because of this, the law requires that you have someone drive you home AND remain with you for 12 hours. Please arrange transportation to and from the Hospital or Center, in advance.

To prepare for your procedure, please:

- 1.) If you take insulin or other routine medications, please ask your doctor for specific instructions. If you have a past history of heart valve replacement or Bacterial Endocarditis, please inform your doctor. If you are not sure whether to take one of your medications, ask your doctor. Generally, you will NOT TAKE COUMADIN, PLAVIX, IBUPROFEN or arthritis medications such as MOTRIN or ADVIL, VITAMIN E or GINKGO BILOBA for five days prior to your procedure. (Vitamin E as part of a multi-vitamin is OK to take) Tylenol is OK to take.
 - A. If you are having a Gastroscopy or ERCP in the morning, you will have no solid foods after midnight the night prior. You may have clear liquids consisting of water, 7-UP, broth, tea or black coffee (no milk), and/or clear apple juice for up to four hours prior to your procedure.
 - B. If you are having a Gastroscopy or ERCP in the afternoon, you may have a light snack 6 hours prior to your procedure. You may have clear liquids consisting of water, 7-UP, broth, tea or black coffee (no milk), and/or clear apple juice for up to four hours prior to your procedure.
- 2.) Take a bath or shower at home.
- 3.) Wear comfortable clothes that are easy to get on and off, such as a jogging or sweat suit, and low rubber heeled shoes.
- 4.) BE SURE TO BRING READING GLASSES, HEARING AIDS, AND/OR INSURANCE CARDS WITH YOU THE DAY OF YOUR PROCEDURE. However, please leave any valuables (such as jewelry, cash, credit cards, etc.) at home.

To get to the Hospital Out-patient Surgery Department take Glasson Way and follow the Outpatient Surgery signs that take you around to the back of the hospital to Parking Lot "E". The main entrance to the Outpatient Surgery is there. When you enter the lobby, get on the elevator to your left and press "1". When you get off the elevator, the Outpatient Surgery is the second door to the left. If your procedure is at Sierra Endoscopy Center, please return here to our facility for your procedure.

Your procedure has been scheduled at:

	Sierra Endoscopy Center 300 Sierra College Dr, St 105 (530) 272-0527	Sierra Nevada Mem.Hosp. Outpatient Surgery (530) 274-6615
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With the following Physician: Dr. Chang Dr. Godil Dr. Foliente Dr. Hill

Date of Procedure _____