

**You are scheduled to receive an  
ENDOSCOPY EXAM.**

**Please read all of the following  
information carefully and ahead  
of time so that you can be  
adequately prepared for this  
procedure.**

**Do not hesitate to contact your  
doctor or call (858) 939-6531  
with any questions or concerns.**

**Your Appointment Information:**

**Date:** \_\_\_\_\_

**Time:** \_\_\_\_\_

**\* Arrival Time:** \_\_\_\_\_

**Physician:** \_\_\_\_\_

**Sharp Rees-Stealy San Diego  
Department of Gastroenterology**

**WHAT IS AN ENDOSCOPY ?**

An upper GI endoscopy is an exam that looks at the esophagus and stomach lining through a lighted, flexible instrument. An intravenous line – or “IV” – will be placed in your arm to deliver fluids and sedation medications during the procedure for your comfort. You will also be attached to a monitor to check your blood pressure, heart rate and breathing throughout the duration of the procedure for your safety and care.

We want your endoscopy exam to be as comfortable and successful as possible and your attention and adherence to these guidelines is vital to this success. Please read this entire information packet and follow all of the instructions without skipping or altering any of the steps.

Complications during this procedure are possible, but rarely occur. These complications can include bleeding, drug reactions, breathing difficulty or injury to the esophagus or stomach.

**HOW TO PREPARE FOR YOUR ENDOSCOPY**

**☐ Secure a responsible companion to accompany you to your endoscopy.**

- As mentioned above, to ensure your comfort, IV sedation will be given to you during your endoscopy. You must secure a responsible companion, family member or friend, 18 years of age or older, to escort you to your procedure, remain on site during the procedure, and to drive you home or to accompany you home via transit services.
- If you do not have an escort with you upon arrival for your endoscopy, your procedure will be cancelled. It is very important that you understand that because of the medications given during the exam, you will not be able to drive until the day following your procedure.

**☐ If you take prescription medications, talk to your prescribing physicians at least one week prior to your endoscopy.**

- Blood thinning medications, anticoagulants or other types of medications that impair blood clotting may need to be temporarily stopped in the week prior to your procedure. However, an individualized decision will be made by you and your prescribing physician.
- Below is a list of commonly prescribed medications in this class. If you take these medications, please first seek guidance from your doctor or the anticoagulant clinic nurse about whether they should or should not be temporarily stopped in preparation for your exam (four days prior to the exam for Coumadin and seven days prior for the other medications); and, if not, what alternate arrangements or recommendations can be made in advance of the procedure.

<b><u>Brand Name</u></b>	<b><u>Generic name</u></b>
Warfarin	Coumadin
Aspirin	Aspirin
Plavix	Clopidogrel
Pradaxa	Dabigatran
Effient	Prasugrel
Xarelto	Rivaroxaban
Persantine	Dipyridamole
Ticlid	Ticlopidine
Brilinta	Ticagrelor

- Stop taking all non-steroid anti-inflammatory medications, including ibuprofen (e.g., Advil, Motrin), naproxen (Naproxyn) and other arthritis drugs four days before your procedure. During this interval, you may

take acetaminophen (e.g., Tylenol) for arthritis or other minor pain, as needed.

- Do not stop taking any medications for high blood pressure, heart rhythm disturbance or seizures/convulsions. These medications should be taken with a small amount of water before 7 a.m. on the morning of the procedure.
- If you have diabetes and use insulin, take 1/3 of your usual long-acting insulin dose the morning of the procedure, but do not take any regular insulin. Please perform a finger-stick test the morning of the procedure, bring the results with you to the procedure, and inform your doctor and/or medical personnel of your condition and the results of your morning finger-stick test. Please do not take any oral anti-diabetic medication on the morning of the procedure.
- Do not take any other medications on the morning of the procedure

 **Mark your calendar for early arrival to your procedure and plan for a visit lasting at least two hours.**

- You will need to arrive 30 minutes before the scheduled procedure time. This arrival time is noted on the first page of this packet in the upper right corner. Your endoscopy preparation, procedure, recovery and post-exam consultation will take approximately two hours or longer in total. (Please remember that your companion must remain onsite throughout the duration of your visit.)

## ENDOSCOPY PREPARATION INSTRUCTIONS

Excellent preparation is crucial to assure an accurate and effective endoscopy. Please follow these instructions fully and do not hesitate to contact your doctor's office if you have any questions or concerns.

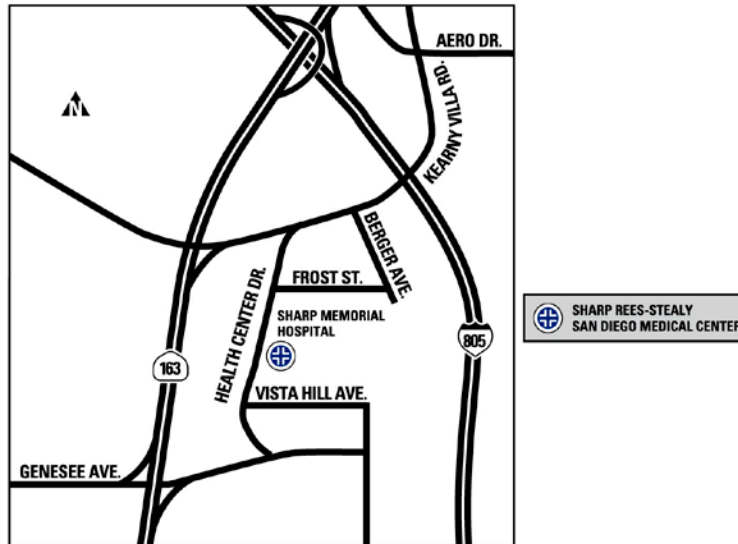
 **MORNING ENDOSCOPY EXAM**

- If you are scheduled for a morning exam, do not take anything by mouth, including liquids – clear or other – after midnight on the night prior to your procedure. Again, do not eat or drink anything from midnight until after your morning endoscopy is completed.

## AFTERNOON ENDOSCOPY EXAM

- If you are scheduled for an afternoon exam, do not have solid food after midnight on the night prior to your exam. You may take as many liquids prior to 9 a.m. on the morning of your exam. However, do not take anything by mouth, including liquids – clear or other – after 9 a.m. on the morning prior to your procedure. Again, do not eat or drink anything from 9 a.m. until after your afternoon endoscopy is completed.

## DIRECTIONS TO SHARP REES-STEALY SAN DIEGO 2929 Health Center Drive, San Diego, CA 92123



### Directions to Sharp Rees-Stealy San Diego Medical Center from I-163 traveling south

- Exit Genesee Avenue, turn left/east
- Turn left on Health Center Drive
- Pass Vista Hill Avenue
- The medical center is on the right, just before you get to the parking structure
- Turn right at the entrance to Sharp Rees-Stealy San Diego Medical Center
- Turn right at your first opportunity
- Patient parking is located in the surface lot south of the SRS building

### Directions to Sharp Rees-Stealy Medical Center from I-163 traveling north

- Exit Genesee Avenue, turn right/east
- Turn left on Health Center Drive
- Pass Vista Hill Avenue
- The medical center is on the right, just before you get to the parking structure
- Turn right at the entrance to Sharp Rees-Stealy San Diego Medical Center
- Turn right at your first opportunity
- Patient parking is located in the surface lot south of the SRS building

### Directions to Sharp Rees-Stealy San Diego Medical Center from I-805 traveling north

- Exit Mesa College Drive/Kearny Villa Road, turn left/west
- Turn left on Health Center Drive
- Pass Frost Street
- The medical center is on the left, just past the parking structure
- Turn left at the entrance to Sharp Rees-Stealy San Diego Medical Center
- Turn right at your first opportunity
- Patient parking is located in the surface lot south of the SRS building

NOTE: If traveling south from I-805, there is no south-bound exit from the I-805 freeway. It is best to transfer to I-163, and then follow those directions above to the medical