

ENDOSCOPY PROCEDURE GUIDELINES

To expedite your preadmission and ensure that your experience is as pleasant and safe as possible, please follow the guidelines outlined below. Depending on the type of insurance or other health coverage you have, you may be required to pre-certify with your insurance company. Please discuss pre-certification requirements with your doctor before your procedure is scheduled or call us should you have any questions.

Pre-Procedure Guidelines

- On the day of your procedure, please arrive at the center 30 minutes prior to your scheduled appointment time.
- Prior to the procedure you will be asked to complete an anesthesia/sedation questionnaire detailing your medical history, allergies, previous surgeries and medications.
- Do not eat or drink anything after midnight the night before the procedure, unless otherwise directed by your physician. Ask your physician if you need to take blood pressure, heart, diabetes or other medications with a sip of water the morning of your procedure. Do not take any medications for diabetes unless specifically instructed to do so. Please bring with you a list of all medications you are currently taking.
- Wear non-binding, comfortable clothing (warm-ups, loose dress, roomy pants or shorts). No jewelry, please. **ALL BODY PIERCINGS MUST BE REMOVED.**
- You are encouraged to leave all jewelry and valuables at home.
- Pregnant or breastfeeding mothers should discuss the procedure with their primary care physician prior to the day of the procedure.
- You will NOT be permitted to drive yourself home or take public transportation alone. Please make arrangements to have a responsible adult accompany you home after discharge or your procedure may be rescheduled.
- During the procedure, family members will be directed to the appropriate reception area. They will be notified when your endoscopy is completed and you have been taken to the recovery area.
- Before you are discharged, you will be instructed regarding your home care.

Pre-Procedure Checklist

- Bring insurance cards, identification, referrals or any paperwork given to you by your physician
- Bring a list of medications you are currently taking and a list of all medication allergies
- If breastfeeding or pregnant, please inform the anesthesiologist and gastroenterologist prior to the procedure.
- Please have a driver available for your discharge.
- Plan on being at Digestive Health Center of Thousand Oaks for 1 ½ to 2 hours for your procedure.

Recovery

After the endoscopic procedure, you will be transported to the endoscopy recovery area for observation. While there, your blood pressure, pulse and respirations will be checked at frequent intervals. A recovery area nurse will be attending your immediate needs and will assist in your discharge.

Post-Procedure Guidelines

- If you have received sedation, please do not drive for 24 hours. Plan to spend a few hours resting before resuming your normal routine.
- Do not drink alcoholic beverages for 24 hours.
- Avoid making critical decisions or signing legal documents for 24 hours.
- Discharge instructions will be given to you by your physician and the discharge nurse.
- If you have any problems or questions during your recovery at home, please contact your physician.
- A member of the nursing staff will call you 24-72 hours following your endoscopy procedure.

For More Information contact the Digestive Health Center of Thousand Oaks at (805) 492-9000.