

MaineGeneral Gastroenterology

Patient Name: _____

Physician: _____

Appointment Date: _____

Arrival Time: _____

Appointment Time: _____

Procedure Location:

**MaineGeneral Endoscopy
Alfond Center for Health, 2nd Floor
35 Medical Center Parkway
Augusta, ME**

ERCP EGD/EUS PEG Tube

Do these things in preparation for your procedure:

- If you are taking a blood thinner and have not been told whether to continue or stop taking it, please call 621-4600, option 2.
- Take all other medications on the day of your procedure unless otherwise instructed.
- Bring a current medication list with you to your appointment.
- Please make arrangements for someone to drive you home. **You cannot drive until the following day after your procedure. If you come without a driver, your procedure will be rescheduled.**
- **If you are diabetic**, see reverse side for special instructions.

Morning Procedures

Date: _____ Nothing to eat or drink after midnight the night before your procedure.

Afternoon Procedures

Date: _____ You can have a clear liquid breakfast at 6 a.m. See list of clear liquids below. After that, you can have sips of water up to four hours before the test.

CLEAR LIQUID DIET: Water, broth, JELL-O®, clear juice, black tea, black coffee, soda, flavored ice and Gatorade®.

IMPORTANT: You **MUST** have someone to drive you home after the procedure and your driver must pick you up in the Endoscopy Unit.

Guidelines for patients with diabetes on back

If you have problems or questions with this preparation, call 621-4600 and choose option 2. If you call after hours, you will reach the answering service staff who will page the doctor on call.

Guidelines for Patients with Diabetes

- Drink plenty of clear liquids that contain sugar.
- Avoid caffeinated drinks. They can cause dehydration.
- Check your blood glucose (sugar) often. Check at least every 2-4 hours and record the results.
- Stop drinking clear liquids 4 hours before your procedure and check your blood sugar. If it is low, call 626-1597. If it's before 8:30 a.m. or after 4:30 p.m., the answering service will page the doctor on call.

If you use long-acting insulin:

- Take your long-acting insulin as prescribed. These include LANTUS®, Levemir® or your insulin pump.

If you use short- or medium-acting insulin:

- Cut back to half the usual dose the day before your procedure.

If you take oral agents (pills):

- Take your pills as directed the day before your test.
- On the day of your test, do not take your pills until **after** your procedure.