

PROCEDURE	ILEOSCOPY
LOCATION	_____
ARRIVAL TIME	_____ (This time might slightly change. Please follow the time provided by phone/text/MyChart reminder 3 days before the procedure.)
Date	_____
Physician	_____

IMPORTANT INFORMATION ABOUT YOUR ENDOSCOPY

These instruction sheets contain key information on how to prepare for your procedure. Please read and follow all instructions carefully as it may be necessary to cancel your procedure if you do not. Please contact our office at (415) 502-4444 if you are unable to follow the instructions or have any questions about your procedure. You may also contact us by email via MyChart or at GI@ucsfmedctr.org

What to do TODAY:

- Double check your **appointment location** as UCSF has more than one endoscopy suite.

- **Arrange for your ride home after your exam:**
 - You must have a responsible adult (18 years or older) present with you before you are admitted into the unit for your procedure.
 - Your ride/responsible adult must be readily available to pick you up when called. This is usually within 2-3 hours after your arrival to the unit (an hour before your scheduled procedure).
 - Public transportation or taxi/uber/lyft rides are not allowed unless you have a responsible adult accompanying you home. This could be a friend or family member with you.
 - If you know ahead of time that transportation is an issue, medical transport can be arranged at your expense with at least 24 hours advance notice.
 - Unfortunately, if you are not able to secure a ride/responsible adult, we will need to cancel the procedure, and reschedule it at another time.

 - Please do take your blood pressure medicines as per schedule even in the morning of the procedure

 - **Please call your primary care doctor or cardiologist if you are taking the following medications** to check that it is safe to stop before procedure. If not safe to stop please call our office. If safe to stop, these are the recommended times:
 - You are taking Coumadin (warfarin) - stop 4 full days before your test (please check with your doctor about an alternative medicine during this time).
 - You are taking Plavix (Clopidogrel) or Brilintal (Ticagrelor) - stop 5 full days before your test.
 - You are taking Ibuprofen, naproxen (Anaprox, Naprelan, Naprosyn, Aleve) –stop 5 days before your test.
 - You are taking Xarelto (Rivaroxaban), Pradaxa (Dabigatran) or Eliquis (Apixaban), edoxaban - stop 2 full days (48 hours) before your test. These drugs need to be held

longer if your kidney function is abnormal, discuss with your cardiologist or primary care provider.

- Effient (Prasugrel) - stop 7 full days before your test.
- Please let us know if you are on any other blood thinners
 - **You are taking medications for diabetes**, as your diabetes medications will need to be adjusted

What to do 5 days before your procedure:

- **STOP** tablets containing Iron
- Continue taking all regularly scheduled medications
- **Adjust your blood thinners and diabetes medications as directed by your Primary Care doctor or Cardiologist.**

The day before your procedure:

No food after midnight.

What to do the day of your procedure:

- Do not eat any solid food: **No Food**.
- A healthy patient may drink clear liquids up to 2 hours before the Procedure ARRIVAL time but **you MUST clarify the timing of your final intake of liquids by mouth when you talk to the anesthesia team at the prepare appointment.** If a prepare appointment is needed for your procedure you will be notified.
- Clear liquids include: green/yellow jello, clear juices, clear broth, water, coffee or tea without milk.
- DO NOT DRINK: orange juice, milk; or red/purple colored products.
- Take all of your regularly scheduled medications with a **SIP** of water unless directed to do otherwise by your doctor. Besides taking your usual medications with a **SIP** of water, DO NOT EAT OR DRINK anything else until after your procedure.