

## BAY AREA HOUSTON ENDOSCOPY CENTER

### Pre-Operative Instructions

- ◆ Please follow all written pre-operative instructions given to you by your doctor.
- ◆ If you are having problems with your prep or you are unable to complete the prep please notify your doctor's office as soon as possible.
- ◆ Any questions regarding eating and drinking the night before or the day of your procedure must be addressed by your physician.
- ◆ ***Bring your driver's license and insurance card*** and any monies due to the Endoscopy of Plano on the day of your procedure.
- ◆ Arrange for someone to drive you home. NO UBERS or TAXIS, NO EXCEPTIONS. Your driver is expected to stay at the facility the entire time you are here. Your physician will speak with you and your driver, if authorized, before your discharge. You will not be allowed to drive after sedation.
- ◆ Leave all valuables at home! Wear loose, comfortable clothing. Slip-on shoes are helpful. Avoid makeup and nail polish. You may also want to bring a pair of socks; the procedure rooms may be cold. Inform your driver they may wish to bring a sweater or jacket with them, the lobby may be cold.

## POST PROCEDURE INSTRUCTIONS

This procedure, including recovery, will take approximately 90 minutes. ***Please have your driver available throughout your entire stay. After your procedure, a written and verbal report will be given to your responsible party prior to your discharge.*** In the event you need to be transferred to a hospital, please be advised your medical record will accompany you to the hospital.

Be aware of the following instructions once your procedure is complete:

- ***The medications used for sedation may have an amnesic effect, which can cause you not to remember your procedure. A copy of the report as well as post procedure instructions will be given to you upon discharge.***

- *You should expect to be groggy when you leave our facility, therefore it is imperative that someone remain with you today.*
- Do not drive or operate any machinery today
- Do not consume alcohol for 24 hours
- Return to your usual activities tomorrow, unless otherwise instructed
- Resume your normal diet, unless otherwise instructed
- You may experience abdominal cramping or a mild sore throat (if EGD) following your procedure. This is normal.
- Abnormal symptoms include excessive bleeding, vomiting, chest pain, or fever. Contact your physician if any of these occur.
- You will follow up with your physician for specific procedure findings.