

Reston Surgery Center
GI/Endoscopy Procedure
Pre- Admission Instructions

1. Follow specific instructions given by your doctor for prep and for not eating or drinking on the day of your procedure.
2. If you normally take heart or blood pressure medicine in the morning, take them with a sip of water on the day of your procedure. Do NOT take diuretics that cause you to go to the bathroom frequently.
3. If you are diabetic, remember no food, no diabetic pill. If you are insulin dependent, we will call you with instructions.
4. Wear clothing that will be comfortable and easy for you to put on in a sedated state.
5. You may shower, shampoo your hair and brush your teeth. **PLEASE DO NOT** wear cosmetics, eye make-up, lotions, fragrance, jewelry or valuables of any type. Please leave your valuables at home & remove any and all body piercing prior to your arrival to our facility. If you are a contact lens wearer, you may be asked to remove them prior to your procedure, so please bring your solution, storage case & your glasses with you.
6. It is **IMPERATIVE** for you to have a ride home and someone to stay with you for 24 hours following your procedure. Please plan on having your ride remain with you for the entire procedure if at all possible. Some physicians may not perform your procedure if you do not have a responsible adult present due to possible legal issues. It is **ILLEGAL** for you to drive after sedation.
7. If you need an interpreter, please notify our preop screening staff member.
8. Bring any papers you may have received from the Doctor's office, your Informed Consent, your insurance card and a photo ID.
9. Please arrive 1hour prior to your scheduled procedure time **or at the time your Doctor has given you for arrival**. We need this time to prepare you for your procedure and to allow for last minute schedule changes. Some physicians prefer having their patients arrive 1 1/2 hours prior to the procedure time in order to allow for scheduling changes. We realize your time is valuable, but wait times vary and may be inconsistent due to amount of time required for each individual's procedure completion. Your arrival time is important to maintain the flow of the procedure schedule. Please plan to follow the instructions for arrival given to you by your physician's office. Thank You!

WE LOOK FORWARD TO SEEING YOU AT
Reston Surgery Center
1860 Towne Center Drive
Suite G-100
Reston, VA 20190