

**Texas Digestive Disease Consultants  
OUTPATIENT ENDOSCOPY INSTRUCTIONS**

**Day before procedure:** Do not eat or drink anything after midnight.

**Week before the procedure:** Please continue to take your medications unless directed to stop by a physician. **IF YOU ARE DIABETIC**, contact your treating physician for instructions on how to take your medication on the day before and the day of the procedure. Call your PRESCRIBING Doctors office with any questions about medications and the procedure.

**Day of procedure:** Take **Blood Pressure, Heart, and Seizure** medications as usual on the morning of the procedure according to PRESCRIBING DOCTORS ORDERS, do not take vitamins. Take these with little water as possible. If there is a medication that you feel you may need to take before your procedure that is not listed above, you may take this if you feel necessary, please let your pre op nurse know what all you have taken. ALL MEDICATIONS APPROVED MUST BE TAKEN AT LEAST 2 HOURS BEFORE YOUR PROCEDURE WITH A SMALL SIP OF WATER. Leave all jewelry – watches, rings, earrings – at home. Have a companion accompany you or arrange for someone to pick you up. **YOU WILL NOT BE ABLE TO SAFELY DRIVE** home, due to the sedation given to you during the endoscopy. The procedure will not be done if these arrangements are not made. You will not be able to return to work the day of the procedure. You will not be able to drive for the remainder of the day

You will be in a recovery room following the endoscopy until the effects of the sedation have worn off (usually 1-2 hours).

Personnel in the surgery center will escort you to the patient pick-up area once you have been released. There will be a fee from the surgery center in addition to the doctor's fee. You should receive a call from the surgery center the day before your scheduled procedure to discuss financial arrangements. There is also a possibility that biopsies will be taken, in which case there will be a fee charged by pathology. If you have any questions, please call:

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