

GENERAL INSTRUCTIONS FOR ENDOSCOPY

You are scheduled to have an endoscopy at Johns Hopkins Bayview Medical Center. This will take place in the Endoscopy Unit, located on the third floor of the A-Building, Park in the East Campus Visitor Garage. Enter through the Bayview Medical Office Building (marked by a blue awning). Stop at the security desk for additional directions to the Unit.

For detailed information, please refer to the enclosed directions.

Please review the following instructions to prepare for this test. If you need to reschedule or cancel your appointment, please call (410) 550-0798.

Seven to ten days before your procedure:

- Do not take aspirin or aspirin products (such as Alka-Seltzer, Ibuprofen, Nuprin, Advil, Aleve, or Motrin). You may take Tylenol for pain or headache.
- Do not take iron supplements.
- If you take Coumadin, Plavix, or other blood thinners, call your prescribing doctor for instructions about stopping or changing the medications.
- If you are a diabetic and are taking insulin, talk to your primary doctor about adjusting your dosage during the preparation and the day of the procedure. The dose of insulin may be decreased or omitted depending on your special condition.
- If you have cardiac or kidney disease, please call your primary doctor before following the preparatory instructions. You may need to follow the low-salt or GoLYTELY bowel preparatory instructions.
- Find someone to give you a ride home on the day of your test! You must have a responsible adult (family member or friend) take you home.

The day before test:

- An Endoscopy nurse will call you to tell you what time to arrive at the Endoscopy Unit. This is usually one hour before your scheduled appointment.
- If you are diabetic taking insulin or other preparation, follow the instructions obtained by your doctor.

The day of the test:

- If you take medicine for high blood pressure, heart problems, seizures or if you are taking Prednisone, you may take these medicines at least two hours before the test with a sip of water. If you usually take these medicines after the time of the test, you may take them when you go back home.
- If you are a diabetic and are taking a "sugar pill", do not take it the morning of your test.

- You are not allowed to drive or leave the Endoscopy Unit alone. If your ride home cannot be confirmed, your test will be cancelled!
- You will receive moderate sedation, intravenously, for your comfort. You must stay in the Endoscopy Unit until you recover from this sedation.
- The actual procedure lasts about fifteen to forty-five minutes for a colonoscopy. An EGD takes about fifteen minutes. Most patients are discharged within three hours after arrival. Your ride must pick you up by 4 p.m.

Please bring the following to your appointment:

- A list of your current medicines (name of drug, dose, and frequency).
- Insurance card(s), any required referral/authorization forms, and any co-payment.
- If you have any special needs for your appointment (i.e.: AICD, interpreter, kidney disease, artificial heart valve, anticoagulation (Coumadin, Plavix), diabetes), please call the Endoscopy nurse at (410) 550-0798.

CLEAR LIQUID DIET INSTRUCTIONS

These items are allowed:

- Water
- Clear beef or chicken broth/bullion
- Clear juices (strained, no pulp)
 - Apple juice
 - Apple cider
 - Prune juice
 - Cranberry juice
 - Tang
 - Hawaiian punch
 - Lemonade
 - Kool-Aid
 - Fruit flavored drinks
- Sodas (gingerale, Sprite, 7-Up)
- Tea
- Coffee (no milk, cream or non-dairy creamer)
- Clear gelatin (no fruit)
- Popsicles (no fruit or cream)
- Italian ices

These items are not allowed:

- Milk
- Cream
- Milkshakes
- Tomato, orange, or grapefruit juice
- Cream soups
- Any soup other than the listed broth/bullion
- Oatmeal
- Cream of wheat