

The day of the procedure please bring a photo ID and your insurance card.

ANESTHESIA INSTRUCTIONS

You will be receiving sedation for the procedure your doctor has scheduled. It is very important that you read and follow these instructions.

BEFORE THE PROCEDURE:

1. PLEASE FOLLOW DIETARY INSTRUCTIONS ON THE COLONOSCOPY OR UPPER ENDOSCOPY INSTRUCTION SHEET THAT WAS GIVEN TO YOU. YOU MAY HAVE CLEAR LIQUIDS UP TO **FOUR** HOURS BEFORE YOUR PROCEDURE (WATER, CLEAR JUICES SUCH AS APPLE OR WHITE GRAPE, BROTH, CLEAR TEA, BLACK COFFEE. **NO** MILK OR ORANGE JUICE).
2. If you take **PILLS** in the morning, please **take** with a small sip of plain water. This is especially important if you have:
Heart or blood pressure problems – and continue to wear your nitroglycerine patch if it has been prescribed by your doctor.
Asthma – also use your inhaler as directed and bring it with you to the office.
3. **If you are diabetic** – to avoid low blood sugar, do **not** take your pills or insulin in the morning of the procedure. You can continue it after you have had something to eat. Also check your blood sugar frequently during your preparation diet and especially the morning of the procedure. If you are taking insulin, it is always a good idea to check with your primary doctor/endocrinologist as to the best way to manage your blood sugar. Bring your insulin with you.
If you are unsure about taking any medications, please call the OFFICE.
4. **IF YOU ARE TAKING COUMADIN/PLAVIX/ASPIRIN IT MAY NEED TO BE STOPPED** before your procedure. Please ask your doctor. (These medications are **usually stopped 5-7 days before procedure**)
5. **IF YOU HAVE A DEFIBRILLATOR – Your procedure will be scheduled at Somerset Medical Center.**
6. Wear comfortable, loose clothing such as a sweat suit and T-Shirt. No metal.
7. If you are a smoker, no cigarette for six hours before your procedure is advised.
8. If you are child bearing age, a 15-50 year old female, we will be doing a urine test on you. Please do not empty your bladder when you arrive.

AFTER THE PROCEDURE:

1. You must arrange for a responsible adult (18 & over) to drive you home. Going home alone in a taxi is not allowed. Someone needs to care for you. Please ask our office for assistance if necessary.
2. The effects of anesthesia can persist for 24 hours. After receiving the sedation, you must exercise extreme caution before engaging in any activity that could be harmful to yourself or others (such as driving a car), do not make any important decisions, and do not drink alcoholic beverages during this time period.
3. Take only medication that is prescribed by your doctor for your care.
4. After your procedure, you may have anything you like to eat or drink. You will probably want to start with something light, and plenty of fluids. Avoid items that cause GAS. E.g. Sodas, Salads.
5. If your procedure required a **METAL** clip. **NO MRI for 30 days**