



Outpatient Instructions

DO'S

***Clear Liquids only the day prior to the procedure and nothing by mouth 3 hours prior to your procedure.**

1. If applicable, **DO** follow your colon preparation instructions. If you have questions regarding your colon preparation, please call, (850) 877-2105 for instructions.
2. If you are taking coumadin **DO** plan to have your blood drawn (for a PT) the day prior to your procedure. **Your physician will discuss with you how long you should hold your blood thinner.**
3. **DO** bring your medications the day of your procedure. **DO** take your heart, blood pressure, seizure, antidepressants, thyroid, cholesterol and asthma medications, if applicable, with a sip of water.
4. **DO** follow your insulin instructions per your primary care physician. Please discuss with him or her your preparation for the procedure, diet and time your procedure is scheduled. If applicable, **DO** check your blood sugar prior to leaving your house the morning of the procedure. Please bring your glucometer, testing strips and insulin to the endoscopy center the morning of your procedure.
5. **DO** wear casual clothes the day of procedure.
6. **DO** bring a copy of your insurance information and/or payment. If you have questions regarding payment, please contact our billing specialist at (850) 656-2549.
7. **DO** plan for someone to drive you home. It is necessary to have a responsible adult available on discharge to receive post-procedure instructions and to drive you home. If a responsible adult is not available to drive you home, sedation WILL NOT BE ADMINISTERED. Some medications we use can have amnesiac affect, for that reason, your responsible adult should be available upon completion of the exam for consultation with you and your physician.
9. **DO** resume your normal daily routine the following day unless specific instructions are given to you at the time of discharge.
10. If applicable: **DO** bring your implanted cardiac defibrillator / pacemaker identification card to the hospital on the day of the procedure.



DON'TS

1. **DON'T** wear nail polish on at least one fingernail (for patient monitoring purposes).
2. **DON'T** bring unnecessary valuables.
3. **DON'T** drive or operate machinery the day of your procedure.
4. **DON'T** take herbal supplements or herbal medications Seven days prior to the procedure.
5. **DON'T** bring personal items such as blankets.
6. **DON'T** wear any jewelry the day of your procedure
7. **DON'T** eat any raw nuts, seeds, and/or raw vegetables 7 days prior to procedure.
8. **DON'T** take your diabetic medication the morning of your procedure.

PLEASE BE ADVISED

1. To provide care for all patients in a timely manner and maximize your physician's time, please cancel your procedure as soon as possible and no later than 4 days prior to your appointment. Call 877-2105 to cancel your procedure.
2. To obtain biopsy results we have recently implemented a patient portal. Digestive Disease Clinic is thrilled to offer a new solution that enables you to communicate with us more quickly, easily, and on your schedule. The new solution is a secure patient portal that delivers self-service capabilities for you to manage your healthcare at your fingertips. Please ask for email invitation. This new technology gives our patients the ability to communicate with DDC staff, renew medications, schedule an appointment and pay your bill online. This account will allow you to communicate with our office and will allow us to communicate your test results.
If you do not have internet access, please call our office at 850-877-2105 to obtain your test results.
3. In order to avoid a \$75.00 cancellation or no-show fee, please let us know 72 hours prior to your procedure if you cannot make this appointment.

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