



## ENDOSCOPY CENTER OF NORTHEAST TENNESSEE, PC

### ENTEROSCOPY PREP

PROCEDURE DATE: \_\_\_\_\_

CHECK-IN TIME: \_\_\_\_\_

#### **IMPORTANT: PLEASE READ INSTRUCTIONS THOROUGHLY!**

**7 DAYS BEFORE PROCEDURE-** Stop taking any **GLP-1** diabetic/weight loss injections and iron products (including multivitamins w/ iron and herbal medications) unless approved by your physician. Not holding these will result in your procedure being rescheduled!

**5 DAYS BEFORE PROCEDURE-** Blood thinning medications, such as **Warfarin/Coumadin, Plavix/Clopidogrel, Brilinta/Ticagrelor, Effient or Aggrenox** need to be held for five days. We will obtain clearance from your prescribing physician prior to your procedure, and you should not stop these medications until further directed to do so. Please note: If blood thinner is replaced with Lovenox injections, this should be held the evening before and morning of procedure.

**3 DAYS BEFORE PROCEDURE-** Do not consume any seeds or food containing seeds from this point until after your procedure.

**2 DAYS BEFORE PROCEDURE-** Blood thinning medications, such as **Xarelto or Pradaxa** need to be held for two days. We will obtain clearance from your prescribing physician prior to your procedure, and you should not stop these medications until further directed to do so. Please note: If blood thinner is replaced with Lovenox injections, this should be held the evening before and morning of procedure.

**DAY OF PROCEDURE-** Nothing to eat or drink, including gum/mints, after midnight the night before your procedure due to the possibility of aspiration pneumonia and other life-threatening events. If you are not fasting, your procedure will be cancelled to avoid fatal outcomes. No smoking, drug or alcohol use will be permitted day of procedure

#### **IMPORTANT NOTES:**

- You may take your scheduled inhalers and oral medications (except for blood thinners, iron products, GLP-1's and diabetic meds) with a small sip of water the day of procedure.
- Please bring inhaler(s) with you for your appointment!
- You will be sedated and may **not** drive the day of procedure. You must be accompanied to your appointment by a responsible friend/relative! They will be required to check in with you and remain on our property until you are discharged into their care. If you do not have a driver, your procedure will be cancelled!
- If your esophagus is dilated during your procedure, you may have to wait up to 2 hours to eat or drink. This will be discussed at discharge.
- Showing up late or not following these directions could require cancellation of your appointment.

For questions, please call (423) 929-7111 ext. \_\_\_\_\_

You are scheduled for a procedure at the following Ballad Health Facility:

## **Johnson City Medical Center**

In preparation for this, please read the following:

- You will receive a phone call from Pre-Admission Testing prior to your procedure date. This phone call can last up to 30 minutes. This will consist of a pre-operative assessment interview and gathering information about your medical history, including medications and allergies.
- You will receive a phone call from the hospital the day before your procedure to give you an arrival time. Our office is unable to provide you with this.
- **If you do not receive a phone call by 4:00PM the day before your procedure, please call Pre-Admission Testing at (423) 431-2012.**
- Upon arrival, enter through the Surgery Entrance and follow the signs to admitting.
  - Please bring your insurance card(s) and a photo ID for registration.
  - Please expect a minimum of 2 hours for your procedure preparation.
- You will be notified by mail of biopsies unless it is urgent. In some cases, it can take 14 days for the results to come back to us.

**\*\*If you need to cancel or reschedule, contact our office! Please give 48-hour notice to do so\*\***