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**Pen Bay Gastroenterology**  
**4 Glen Cove Drive, Suite 10, Rockport, ME 04856**  
**Ph. 207-301-5970 | Fax 207-301-5310**

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## **EGD/ EUS/ ERCP Instructions**

This time is tentative, based upon daily schedules, emergencies and cancellations. If your time is changed you will be notified prior to procedure day.

Your procedure will be done in the Endoscopy Unit at Pen Bay Medical Center. You will need to check in at the registration desk when arriving.

### **PREP CALL**

You will receive a call from the PREP Department prior to your date for your endoscopy appointment. This is a pre-procedure assessment that is done over the phone. It is not an appointment that requires you to come to the hospital. We are on an electronic system that connects to "My Chart" and when you get this notification we are not asking you to have an in-person visit. If you are unable to speak with the PREP team on this day, please call them to reschedule this appointment. Their number is 207- 301-8815, please call between 8:15 a.m. and 3:00 p.m. Monday-Friday.

### **CANCELLATION POLICY**

It is important to notify us as soon as possible if you need to cancel your procedure. Please call Pen Bay Gastroenterology at **207- 301-5973**.

Prior to your scheduled GI procedure, if you experience new heart or breathing problems, or an increase in chronic symptoms, please notify your primary care for treatment. If you are scheduled for cardiac or pulmonary testing, this must be completed prior to your GI procedure. It is important that you are in your best condition possible for your endoscopic procedure.

## **Preparation for Upper Endoscopy/EUS/ERCP**

The following instructions are specific for those patients who will be having an upper endoscopy, a procedure which allows us to look at the lining of your esophagus, stomach, and upper intestinal tract.

**\*\*DO NOT EAT ANYTHING AFTER MIDNIGHT THE NIGHT BEFORE YOUR PROCEDURE\*\***

**You may have clear liquids including water, fruit juices without pulp, carbonated beverages, clear tea, and black coffee up to 3 HOURS PRIOR TO YOUR PROCEDURE.**

### **Call us if:**

- You are diabetic and take insulin or other medication for diabetes
- You are pregnant
- You are on Coumadin, Plavix, Xarelto, Pradaxa, or any other blood thinners
- You have a heart murmur, an artificial heart valve, internal cardiac defibrillator (ICD), prior history of heart valve infections.

Please call your PCP if you require antibiotics before medical procedures. If you are allergic to anything, be sure to tell us.

As a reminder, since sedation will be utilized, **YOU MUST BRING A COMPANION WITH YOU** who is responsible and is able to drive you home after your procedure. If you need to take a taxi or public transportation, you must bring an escort with you. You will not be able to drive a car or operate any machinery until the following day.

Please note that our procedure time is limited and that many patients are waiting to see our physicians. As a courtesy to those patients, please notify our office at least two (2) weeks in advance, if you are unable to keep your appointment. If you have any questions, please call our office **207-301-5973**. We are here to answer your questions and make your procedure a successful one.