



Gastroenterology  
& Hepatology  
ASSOCIATES OF MID-MICHIGAN, PC  
gastroandhep.com

## Endoscopy Preparation

To reschedule, cancel, comments or concerns please call: 989-839-0750

\_\_ Todd K. Holtz, M.D.

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\_\_ Karen F. Huang, D.O., FACOI

### **PREPARING FOR YOUR PROCEDURE**

Call our office if you have not received instructions re:

- Have diabetes
- Have a defibrillator
- Are taking Coumadin, aspirin or any blood thinning product
- Have a heart valve replacement OR
- Have a history of endocarditis (these may require antibiotics prior to your procedure)

### **NO SMOKING OR FOOD AFTER MIDNIGHT**

You may have up to 8 ounces of clear liquids up to 3 hours prior to your procedure such as: water, tea, coffee (no cream), soda, clear juices (apple, white grape, etc.), Gatorade, Jell-O (without added fruit), broth or popsicles.

### **NOTHING BY MOUTH INCLUDING: GUM, HARD CANDIES, BREATH MINTS, OR LIQUIDS 3 HOURS PRIOR TO YOUR SCHEDULED PROCEDURE**

The day of your procedure you may take your medication for blood pressure heartburn-anti-reflux, anxiety or depression with a sip of water.

You will be sedated for your procedure which will impair your reflexes and judgment. Therefore, you will need to bring a responsible driver over the age of 18 as you **will not** be allowed to drive after your procedure. You are **NOT ALLOWED** to drive, take a taxi, bus, or car service, or leave the Surgery Center **ALONE**.

# **What is an Endoscopy?**

**An endoscopy is the study of your esophagus (throat) and stomach using a flexible, fiberoptic tube called an endoscopy. This allows your physician to examine the lining of your esophagus for any abnormalities such as inflamed tissue, ulcers or bleeding. If necessary, the physician may perform a biopsy (a small sample of tissue that can be examined under the microscope.)**

**Written Consent is required from the patient or from the legal guardian prior to this procedure. Legal guardians may obtain the appropriate forms by calling the facility that will be performing your procedure.**

**Great Lakes Bay Surgery & Endoscopy Center 989-495-9100  
Riecker Surgery Center 989-837-9493**

**After the procedure and upon discharge:**

- Your physician will explain the results of the exam to you and your designated driver.**
- Do not drive or operate machinery the rest of the day.**
- Do not go to work.**
- Rest and take it easy.**
- For your safety you must have someone stay with you the remainder of the day due to the side effects of the sedation or your procedure may be canceled.**
- Do not drink alcoholic beverages.**
- Do not make critical decisions, sign legal documents or do anything that requires you to be alert and coordinated.**