



Beth Israel Deaconess Hospital
Plymouth

Thank you for choosing Beth Israel Deaconess Hospital - Plymouth for your Endoscopy needs. Our Endoscopy Department is designed with your comfort and convenience in mind; to provide safe, high quality care that is efficient and close to home.

An Endoscopy Department nurse may call you a day or two prior to your procedure to review your health history and initiate your plan of care. If not, this will be done on the day of your procedure. Please have available a list of your current medications; including medication name, medication dose, and medication schedule.

Please follow these instructions carefully as failure to do so may result in your procedure being postponed.

For your safety

You will receive sedation during your procedure. It is hospital policy that you must have a responsible adult with you to drive you home. You will not be allowed to drive yourself home, take a bus or taxi. You will be asked to provide the name and telephone number of this individual upon arrival to the Endoscopy Department. Follow the directions given by your physician for your prep. Complete the white portion of the Patient Profile form and bring it with you. If you do not have this form, please bring a list of your allergies and the medications you take.

For your safety, we ask that all jewelry be removed prior to your procedure. This includes any body piercing jewelry and/or studs. To ensure safekeeping, we ask that you leave your jewelry at home. Jewelry includes:

- Any rings, including wedding bands, bracelets (including medic alert), watches, necklaces, and earrings.
- All body piercing jewelry (tongue, chin, lip, nose, nipple, eyebrow, genitalia, navel, ear, etc.).

Medications

DO NOT take any oral diabetic medicines on the morning of or the night before the procedure. Insulin will be managed by your Primary Care Physician. **DO NOT** take any diuretics (water pills- hydrochlorothiazide, lasix etc.)

PLEASE DO TAKE blood pressure including all beta-blockers and heart medications, anti-seizure and reflux medications. You should take these medications with a sip of water first thing on the morning of the procedure. Instructions for eating and drinking prior to your procedure

DO NOT eat or drink anything after midnight the day before your procedure; unless instructed otherwise by your physician. (Some bowel preps are consumed on the day of the procedure). For colonoscopy patients – you will stop eating well before this time as instructed. If your procedure is scheduled *after* 12 noon, you may have clear liquids until four (4) hours prior to your scheduled appointment. Clear liquids include: water, black coffee and/or tea **WITHOUT** cream or milk, Gatorade, non-pulp fruit juices (i.e. apple juice, white grape juice, white cranberry juice). *****No Chewing Gum and No Hard Candy Please*****

For your convenience

- Use Parking Lot A or B. These are closest to the Endoscopy Department.
- **Arrive** in the Endoscopy Department **45 minutes prior** to your scheduled procedure time. The entire process from arrival to discharge will be approximately two hours. Please arrange to have an adult available to pick you up in the Endoscopy Discharge Area **2 hours after your arrival time**.
- We respect your time by making every effort to stay on schedule. There are things beyond our control which could delay the start of your case. Please be patient and know that when it is your turn, we will take the time necessary to ensure that you receive the best care possible.

Thank you for choosing Beth Israel Deaconess Hospital - Plymouth. Our goal is provide you with the highest quality care possible in a convenient and patient centered manner. Please feel free to ask any questions that you may have. Please do not hesitate to call the Endoscopy Department at 508-830-2478 if you need assistance.

Sincerely,

Amy Rapoza, RN, BSN, CPAN
Clinical Manager, Endoscopy Department