

IMPORTANT INSTRUCTIONS

Patients receiving sedation or anesthesia may not drive for the rest of the day.

You must have a responsible adult drive you home.

You may not walk home or take public transportation. You may not take a taxi home unless you have an adult friend or family member with you. All patient rides must arrive by 4:30pm

Please call your doctor if you cannot get a ride.

If you are scheduled for a colonoscopy, please take the **colon prep solution** and follow diet orders as instructed by your physician. This usually includes having only clear liquids the day before your procedure. Nothing may be taken by mouth (NPO) after midnight before your procedure*.

If you are scheduled for an upper endoscopy, nothing may be taken by mouth (NPO) after midnight before your procedure*.

***For colonoscopy or upper endoscopy you may take your cardiac and blood pressure medications with sips of water at least 3 hours before your procedure.** Clear liquids (ex. apple juice, black coffee or tea, chicken broth) may be permitted until 3 hours before your procedure. **Please check with your doctor.**

IF YOU ARE NOT GETTING SEDATION FOR YOUR PROCEDURE PLEASE ASK YOUR DOCTOR WHEN TO STOP EATING AND DRINKING BEFORE YOUR PROCEDURE

If you are scheduled for a pain management injection: If you will be receiving sedation, follow instructions for upper endoscopy as above. For local injections (no i.v. sedation), you may have a light breakfast.

For all surgical procedures other than colonoscopy, upper endoscopy, or pain management injections:

Nothing to eat or drink for at least 8 hours before your surgery. For an early morning surgery, nothing by mouth after 11pm. You may take your cardiac and blood pressure medications with sips of water on the morning of your surgery.

Please note the above are minimum requirements of the Center. Your doctor's instructions may vary slightly. Feel free to call the center if you have questions or concerns about the above. 201-336-1100