

**YOU MUST NOTIFY US IF YOU ARE TAKING COUMADIN, PLAVIX,
AGGRENOX, ASPIRIN, OR ANY OTHER BLOOD THINNERS
PRIOR TO YOUR PROCEDURE.**

There is mandatory urine pregnancy testing for ALL females between the ages of 12 and 60.

Unless:

- You have had a Hysterectomy or Bilateral Oophorectomy
- You are at least 60 years of age and have not menstruated for at least 12 months.
- You are at least 45 years of age and have not menstruated for at least 18 months.

Your procedure requires you to have sedation

**Nothing to eat or drink beginning 8 hours prior to your procedure.
This includes gum, hard candy, ice chips, etc.**

You may take your prescribed medications with only small sips of water up to 2 hours prior to your procedure.

(Except for aspirin and blood thinners, Which you cannot take).

You will need a driver who is 18 years of age or older.

Your driver must remain in the facility during your procedure.

A representative from the West Michigan Surgery Center will contact you within one week of your procedure to go over pre-operative instructions and to ask/answer additional questions.

If you miss this phone call please call our office at 231-592-3102, at least 24 hours prior to your procedure.

It is important that we speak with you to ensure that the information we have is correct so your procedure can be completed as scheduled.

**Thank you for using our West Michigan Surgery Center
We hope to provide an exceptional healthcare experience**



Your Planned Procedure Date _____ Time _____

Please be aware that you may be contacted if unforeseen circumstances require your procedure to be rescheduled.

IMPORTANT

PRE-ENDOSCOPY

INSTRUCTIONS

**PLEASE READ PRIOR TO THE
SCHEDULED DATE OF YOUR PROCEDURE**

Preparing for your Specific Endoscopy Procedure

For either upper or lower endoscopies, you must not take aspirin or any blood thinning medications for 1 week prior to your procedure (unless you have been instructed otherwise by your physician).

Please follow the directions below that pertain to your specific procedure

Upper Endoscopy (EGD)

You will need to stop drinking and eating eight (8) hours before your upper endoscopy to ensure your stomach is empty for the procedure.

Lower Endoscopy (Colonoscopy)

One Week before your test:

- » Do not take Iron tablets.
- » Do not take fiber supplements like Metamucil, Citrucel or Fiberall.
- » Do not eat popcorn, regular corn or anything containing seeds.

You will need these items from a pharmacy:

- » **Two-** Bottles of Citrate of Magnesium
- » **Four-** (5 milligram) Dulcolax tablets

*There may be store brands of these products that cost less.
Ask the pharmacist to help you find what you need.*

One Day before your test:

You will need to be on a clear liquid diet for the entire day, starting in the morning one day before your Lower Endoscopy procedure. A **Clear Liquid Diet** means that any liquid you cannot see through is **NOT** allowed.

On this day remember to drink lots and lots of water!!!

On that day you must drink one (1) bottle of **Citrate of Magnesium** in the morning and a second bottle of **Citrate of Magnesium** at 6:00pm. Also take the 4 **Dulcolax** tablets at 6:00pm on that day.

What you can and cannot eat the DAY BEFORE your procedure

You CAN Eat These
Pop, Black Coffee, Tea
Plain Clear Gelatin (not red)
Popsicles
Clear Fruit Juices
Pulp-free Fruit Juices
Bouillon Soup
Clear Broth
Honey
Clear Hard Candy
White Sugar
Salt/Pepper

You CANNOT Eat These
Any Milk Products
Bread
Ice Cream
Cereal
Fruit
Eggs
Meat
Cheese
Potatoes
Vegetables
Chocolate

Please review the information below prior to the day of your procedure

1. Your Copay and/or deductible amount is due prior to your procedure. **Please have funds available when you check in or your procedure will need to be rescheduled.** WMSC accepts cash, personal and cashier's checks and credit/debit cards.
2. Check in with the receptionist in the surgery center on your scheduled date and time.
3. No smoking, chewing tobacco, or consuming alcohol for **12 hours** prior to the procedure.
4. Please leave valuables at home.
5. Wear comfortable clothing.
6. You may wear glasses, but not contacts.
7. Please bring any inhalers if you use them for breathing problems.
8. Please advise us if you are taking any **oral steroids**.
9. If you are diabetic please contact us about your **insulin** or **diet** prior to your procedure.
10. Bring your insurance cards with a valid form of identification.
11. Bring a current medication list of all medications that you are currently taking along with a list of medication allergies.

Nothing to eat or drink beginning 8 hours prior to your procedure.

More information on back page!