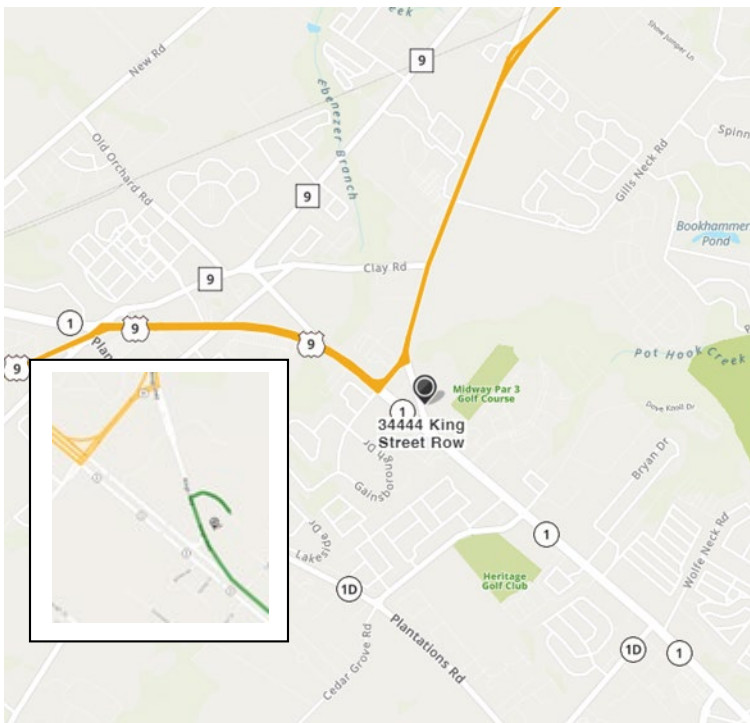




Dr. Richard F. Caruso Brianna Brancato, PA-C Sandra Yoo, PA-C Katie Hudson, FNP-C
1309 Savannah Road; Lewes, DE 19958 Phone: 302-645-6698 Fax: 302-645-4505

You are scheduled for an upper endoscopy on: ___/___/___ with Dr. _____

CALL THE CENTER AT (302) 644-3852 FROM THE PARKING LOT WHEN YOU ARRIVE on your procedure day



Seaside Endoscopy Pavilion

34444 King Street Row

Lewes, DE 19958

(302) 644-3852

From the North

- Take DE – 1 S
- Turn left onto Dartmouth Dr. (US 9 E)
- At stop sign, turn right onto Kings Highway
- Turn left onto King Street Row
- The center is the second building on the right

From the South

- Take DE – 1 N
- Turn slightly right onto Kings Highway
- Take first right onto King Street Row
- The center is the second building on the right

The endoscopy center will text you with important information about your procedure including your arrival time. Please be sure to respond to any texts so you are prepared for your procedure.

If you need a cardiac clearance, permission to stop certain medications or other testing prior to the procedure, the office scheduler will call you with a procedure date once all of the information is obtained and reviewed by our physicians.

Instructions for Your Upper Endoscopy

It is important for you **to follow all the instructions in this guide**. If you do not, your procedure may be delayed or scheduled for another time. If you have questions after you read this or are not sure how to prepare for your upper endoscopy, please call our office directly at (302) 645-6698.

- **It is important to NOT USE alcohol, marijuana, medical marijuana, narcotics, pain medications (prescribed or otherwise), and any form of illicit drugs (prescribed or otherwise) the day before and the day of the procedure**
- **It is important to NOT USE Methadone the day of the procedure, unless you have received specific approval from your physician**
- **It is important to NOT USE tobacco products the day of the procedure**

***** If you do not avoid these items, then your procedure will be cancelled. *****

- You must have a responsible adult over 18 years to drive you home after your procedure.
- When you arrive at Seaside Endoscopy Pavilion, please call (302) 644-3852 from your car to let the center know you have arrived.
- Your driver may not wait in the center. Ask your driver to remain within 10 minutes of the facility while you are in the center, to return to the facility's parking lot within 1 hour of your entering the center, and to be prepared to answer a phone call regarding your procedure.

Eating and Drinking Instructions

The day before your procedure

- There are no restrictions for eating or drinking: you may eat and drink per your usual routine
- Do not smoke marijuana (recreational or medical) within 24 hours of your procedure
- **Stop eating and drinking at midnight.** Only medications you have been instructed to take should be taken after midnight

The day of your procedure

- Do not eat or drink anything except any medications you were instructed to take. These medications should be taken with a sip of water at least 4 hours prior to your arrival to the center
- **Do not have candy, gum, mints, water, ice or anything by mouth**
- Do not smoke cigarettes or use any tobacco products
- If you use inhalers, take your usual morning dose and bring the inhalers with you.
- Bring the completed health questionnaire including medications, picture ID, and insurance cards.
- Bring a copy of your living will, if you have one.
- Bring reading glasses if you need them.
- Take a shower the morning of the procedure. You may wear deodorant. Do not apply lotion or powder to your chest area. Bring a pair of warm socks for your feet.

Special Instructions for Certain Medications

DIABETIC MEDICATIONS: If you have diabetes and take oral medication, take your regular dose in the morning the day before your procedure. If you take medication in the evening, take half of the normal dose. Do **not** take any diabetic medication the day of the procedure. If you are diabetic and take insulin or use an insulin pump, follow your physician's specific directions.

BLOOD THINNING MEDICATIONS: Blood-thinning medications affect clotting and bleeding. Both the health care provider who manages these medications and the provider doing your procedure will need to decide if your medications need to change or be held prior to the procedure. Some common medications are listed in a table below. If you take one of these medications, be sure to check with our office regarding when to stop these medications.

Typically held for 2 days

Pradaxa (dabigatran)	Xeralto (rivaroxaban)	Eliquis (apixaban)	Lovenox (enoxaparin)
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Typically held for 5 days

Aspirin	Multivitamins	Vitamin E	Fish Oil	Ecotrin	Glucosamine
Aleve (naproxen)	NSAIDs (anti-inflammatory)	Motrin, Advil, ibuprofen	Celebrex	Heparin	Coumadin (Warfarin)
Plavix (clopidogrel)	Effient (prasugrel)	Pletal (cilostazol)	Ticlid (ticlopidine)	Brillinta (ticagrelor)	

WEIGHT LOSS MEDICATIONS (ie phentermine): Any weight loss medication (prescribed or over the counter) must be stopped 2 weeks prior to your procedure. Please call our office if you need to reschedule your procedure.