

Alaska Medicine & Endoscopy, LLC

Endoscopy Prep Instructions

Before Scheduling

Please call your insurance company to find out if pre-authorization is necessary. Bring all pre-authorization information, as well as your and your spouse's Social Security numbers, employer'(s) name and phone numbers. Bring all current insurance/Medicare/Medicaid cards/ coupons with you. **To schedule, reschedule, or cancel your procedure, please call 452-2637.**

Medication Instructions

If you have a heart condition, recent heart attack, cardiac stent placement, mechanical heart valve, or history of a blood clot in your leg or lung, you should discuss this with your Cardiologist **AND** Dr. Chiu prior to stopping any anti-clotting agents or blood thinners. **Otherwise**, stop any anti-clotting agents or blood thinners (including Aspirin, Coumadin / warfarin, Plavix / clopidogrel, Ticlid, Persantine, Lovenox, Heparin, Ginko Balboa, vitamin E, fish oil but also possibly others), 5 days prior to your gastroscopy. You may continue to take your arthritis or anti-inflammatory medications. You may take all other medicines until 5 hours prior to the procedure. No insulin or other diabetes medication should be taken the morning of the procedure, unless otherwise instructed. After the procedure, Dr. Chiu will provide instructions regarding when to restart any medications which might have been stopped.

The Evening Before

Eat a normal dinner the evening before, **but no later than 8 pm**. After supper, you should have only clear liquids until 5 hours before check-in. Starting 5 hours before check-in, you should have nothing at all to eat or drink, including any medications.

Procedure Day

Please bring someone to drive you home, as you will be sedated for the procedure, and the medication takes hours to wear off. **You will not be discharged without a ride, and may not take a taxi or bus. Do not drive or operate heavy or dangerous equipment for 24 hrs after your discharge.**

Wear comfortable clothing; bring your glasses and hearing aids. Please do not wear lipstick or any jewelry.