

Procedure Location

Bend Surgery Center
1303 NE Cushing Drive
Suite 200
Bend, OR 97701
541-318-0858

St. Charles Hospital MDU
2500 NE Neff Rd
Bend, OR 97701
541-382-4321

PATIENT NAME:

DATE & TIME:

PHYSICIAN:

ENDOSCOPY PREPARATION

- A nurse from the procedure center will be contacting you prior to your procedure for a brief interview.
- **You must have a responsible adult drive you home after your procedure and stay with you for the remainder of the day. (You cannot use a taxi or Dial-a-Ride).**

ONE WEEK PRIOR TO THE PROCEDURE

- If you are taking Coumadin or any blood thinners such as Plavix or Aggrenox you must contact your doctor. **DO NOT STOP** this medication unless this was cleared by your physician.
- Stop taking anti-inflammatories or any products containing Ibuprofen one week prior to your procedure.

DAY PRIOR TO THE PROCEDURE

- **Take only clear liquids after dinner the day before the examination. You may resume solid food usually right after the examination.**

DAY OF THE PROCEDURE

- **You may have clear liquids up until four hours prior to your procedure; then absolutely nothing in by mouth (i.e. gum, candy).**
- If you are taking Insulin, take ½ of your usual morning dose, or check with your primary care physician for appropriate instructions. Take blood pressure and heart medications with a sip of water on the morning of your procedure, otherwise **nothing in by mouth for four hours prior to your scheduled time.**
- **Your scheduled procedure time is subject to change.**

CLEAR LIQUID DIET

FOOD ALLOWED

- CLEAR BROTH (CHICKEN, BEEF, VEGETABLE)
- TEA OR COFFEE WITHOUT CREAMER
- FLAVORED GELATIN (JELLO)-**NOT RED OR PURPLE**
- JUICE WITHOUT PULP
- SODA
- GATORADE
- POPSICLES- (**NO RED**)

FOODS NOT ALLOWED

- PULP JUICES
- DAIRY PRODUCTS
- ALCOHOL
- **ANY RED LIQUIDS**

ALL CANCELLATIONS REQUIRE 72HRS NOTIFICATION.

Any questions concerning your preparation, please contact the Gastroenterology Department at Bend Memorial Clinic at 541-706-6490.