

**Main Office**

1907 Highway 35, Suite 1  
Oakhurst, NJ 07755

## General Endoscopy Instructions:

It is very important that you read all instructions at least 1 week prior to your procedure.

### **Anesthesia:**

You will receive sedation for your procedure from one of our anesthesiologists. You will meet the anesthesiologist prior to your procedure and they will review your medical history and medications with you. Your judgment may be impaired after the procedure due to the medications used for sedation. Do not drive, operate heavy machinery, return to work, drink alcohol, or make any legal decisions until the day after your procedure.

### **General Medication Instructions:**

**Aspirin:** If you are taking aspirin, you should continue taking it unless instructed otherwise.

**Blood Thinners:** If you take a blood thinner (Coumadin/Warfarin, Plavix/Clopidogrel, Brilinta/Ticagrelor, Effient/Prasugrel, Pradaxa/Dabigatran, Xarelto/Rivaroxaban, Eliquis/Apixaban) we will contact the physician who manages this medication to see if you can stop this medication prior to your procedure. **DO NOT** stop any blood thinning medications unless you are instructed to do so by either your physician or by our office.

**Diabetes Medications:** If you are on insulin or another medication that you inject (Byetta, Bydureon, Victoza, Ozempic, Trulicity) please contact your primary care physician or endocrinologist for instructions on how to manage your insulin the day before and the day of your procedure. It is common for them to instruct you to alter the dose of your insulin. **DO NOT** take your oral diabetes medications on the day of your procedure.

### **Females of Childbearing Age:**

Please schedule your procedure at a time when you are not likely to be pregnant. A urine sample for a pregnancy test may be required prior to your procedure if it has been less than 1 year since your last menstrual cycle.

### **Day Before Procedure:**

You can eat a regular diet. You should not eat any food starting 8 hours prior to your procedure.

### **Day of Procedure:**

Except as indicated in the medication section above, you should take your normal medications the day before and on the day of your procedure. On the day of your procedure take your medications with only a small sip of water.

You may drink clear liquids only up until 2 hours prior to your procedure. All fluids must be stopped 2 hours prior to your arrival at our center or your procedure may be canceled.

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Examples of Clear Liquids (avoid any red, blue, or purple liquids):

Water

Gatorade, Powerade, Crystal Light Lemonade, Pedialyte, Vitamin Water

Fruit juice without pulp (apple, white grape, white cranberry, lemonade)

Coffee or tea (without milk or creamer)

Clear broth (chicken, beef, or turkey)

Clear carbonated beverages (ginger ale or lemon lime soda)

Jell-O gelatin

Popsicles without pulp

**Questions:**

For any non-emergent questions, please refer to our website for frequently asked questions:

<https://oceansurgicalpavilion.com/>.

If you have questions regarding scheduling, please contact our scheduling department at 732-517-8885 ext. 1297.

If you have a medical question related to your procedure, please contact our nursing line at 732-517-8885 ext. 1205 and leave a message and a telephone number where you can be reached.

If you encounter a problem while taking your prep, please refer to the frequently asked questions page on our website, <https://oceansurgicalpavilion.com/>. If you still have a question after reading this, please contact our nursing line at 732-517-8885 ext. 1205. If you have an emergent question and the office is closed, you may call our main office and our answering service will send a message to the on call physician. Only truly emergent calls will be answered. All prep related questions are directed to the website above.