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EGD/ERCP Prep Instructions

Endoscopic retrograde cholangiopancreatography (ERCP) uses a dye to highlight the bile ducts on X-ray images.

Sedation:

You will receive sedation for your procedure. This helps you relax and feel comfortable during the procedure. When you have sedation, you must follow the instructions listed below or your procedure will be delayed or canceled. You may feel fine after your procedure, but your judgment may be impaired from the sedation medication you receive.

- Arrange to have an adult family member or friend accompany you to your procedure and to other appointments, pick you up from the procedure unit, and drive you home or to your place of lodging.
- The absence of a responsible adult will result in a delay or cancellation of your procedure if plans have not been made for your after-procedure travel.
- Do not drive for the rest of the day. Unaccompanied air travel on the same day as your procedure is not permitted. This is for your safety and the safety of others.

Medications:

If you have Diabetes: Due to fasting prior to the procedure, if you are insulin dependent, you will take **HALF** of your normal morning dose the morning of the procedure. For further questions or concerns regarding insulin, please contact the ordering provider.

If you take 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. Please make sure that the provider is aware if you are on any of these medications and make sure that you receive directions on when to stop taking these prior to the procedure. Some medications need to be stopped up to 7 days prior to the procedure, so make sure that you have plenty of time to receive these directions. **DO NOT STOP THESE MEDICATIONS WITHOUT INSTRUCTIONS FROM A PROVIDER.**

If you take daily medication(s) outside of the medications listed above, you may do so up until the day prior to the procedure. The morning of your procedure you may take any cardiac

(heart), including blood pressure medications, and/or seizure medications with a small sip of water.

If you are taking any weight loss medications: Please notify the provider if you are taking any of the following medications: phentermine (Adipex-P), lorcaserin (Belviq), phendimetrazine (Bontril). You will be provided instructions on how long to hold these prior to your procedure.

FIVE (5) DAYS BEFORE YOUR PROCEDURE:

- Do NOT take products that contain iron -- such as multivitamins -- (the label lists what is in the products). Other common names for iron are ferrous sulfate, ferrous gluconate, ferrous fumarate, Femiron, or Niferex.
- Stop taking fiber supplements. This includes Metamucil, Fibercon, Citrucel, Konsyl, Benefiber, Fibernure, and colon care capsules.
- Stop intaking foods that contain the following:
 - Nuts, seeds, popcorn, beans, peas, raw salad, celery, and tomatoes. All other vegetables must be cooked (carrots, broccoli, cauliflower, potatoes without skin). Wheat germ, granola, cereal with visible grains/fruit. Bread with seeds or visible grains.
 - You may eat fruit, but skin and seeds need to be removed before eating.

THE DAY BEFORE YOUR PROCEDURE:

- Except for the above foods, you may eat like normal the day before your procedure until MIDNIGHT. For your safety and the accuracy of these, do NOT eat AFTER midnight.

THE DAY OF YOUR PROCEDURE:

- Your cardiac, blood pressure, and/or seizure medications may be taken with a sip of water.
- NOTHING TO EAT OR DRINK AFTER MIDNIGHT. This includes NO gum, mints, water, etc.
 - Do NOT drink alcohol on the day before or the day of the procedure.

If you have any questions or concerns regarding the instructions or prep directions, please contact the office at 270-922-2500 prior to your procedure.