

Gastro Health - Olympia

GastroHealth.com/Olympia

ESOPHAGEAL MANOMETRY *without* EGD (Gastroscopy) PREPARATION INSTRUCTIONS

Appointment Day _____ Date _____ Arrival Time _____ am/pm Doctor _____

Read these instructions carefully.

SEVEN (7) DAYS BEFORE	THREE (3) DAYS BEFORE	DAY OF PROCEDURE
<ol style="list-style-type: none">1. Regarding Aspirin: If you are on aspirin due to a heart problem, previous TIA, stroke, heart attack, blood clots (lung or leg) or other vascular problem, do NOT stop aspirin. If you are on aspirin for arthritis or simply as a general recommendation, do STOP it for this procedure.2. Tylenol and Acetaminophen are okay to take.3. Read this entire instruction sheet (front and back).4. Read complete packet of materials included with this handout.	<ol style="list-style-type: none">1. If you take Prednisone, do NOT stop taking it unless otherwise directed.	<ol style="list-style-type: none">1. DO NOT eat any solid food after midnight the day of your exam. <u>You may drink clear liquids* (see back page) until five hours before your appointment, then STOP.</u>2. MEDICATIONS TO STOP:<ul style="list-style-type: none">▪ Do NOT take any diabetes medication after midnight the day of your exam.▪ If you are on Lovenox injections, STOP 12 hours before your appointment.3. MEDICATIONS TO TAKE: (<i>with a sip of water</i>)<ul style="list-style-type: none">▪ Do take prescription blood pressure, heart, lung, seizure, (narcotic) pain, and psychiatric medications.4. Wear comfortable clothing and socks to keep your feet warm.5. Do not wear jewelry, tight belts, pantyhose, cologne or perfume. Leave money and other valuables at home.6. Bring insurance card(s), copay (if required) and driver's license or photo ID.7. You do not need to bring a driver with you to this exam as there is no sedation given.8. Do NOT smoke the day of your procedure.

If you have questions, call 360.413.8250. ***Read the back of this form for location, tips and other information.***

Location, Tips and Other Information

Your Procedure is Scheduled at: **Providence St. Peter Hospital Endoscopy Center**
413 Lilly Road NE, Olympia, WA 98506 | 360.413.8250
(Check in at Admission Desk in Main Lobby)

In Planning Your Procedure, Have You Told Us If You

- Could be pregnant. If you arrive for your procedure possibly pregnant, your procedure may be rescheduled.
- Have had a recent hospitalization or major health event (since we last saw you or since we completed your pre-procedure questionnaire by phone).

***Clear Liquids (should be clear enough to read print through it)**

- Apple juice, white grape juice
- Plain broth (chicken, beef, vegetable, bouillon)
- Gatorade, Crystal Light, sports drinks, soft drinks
- Black tea, black coffee
- Jell-O
- Popsicles
- Water
- **Avoid clear liquids with red food coloring or red dye such as “Red 40” listed on its labeling. Avoid dairy and Ensure type beverages.**

On Your Procedure Day

- Plan to be at the hospital Endoscopy Center 2-3 hours. The actual procedure time is much less than that.
- You will not be given sedation for this procedure, so you will not need a driver.
- If you take prescription blood pressure, heart, lung, seizure, (narcotic) pain or psychiatric medication daily, take your daily dose(s) as prescribed with a sip of water, including on your procedure day.
- Resume eating and drinking according to your discharge instructions given to you the day of your exam.

**Visit our website at GastroHealth.com/Olympia to obtain more information about our practice.
If you have questions, call 360.413.8250 ***Read the front of this form for full instructions*****