

# Gastroenterology Associates

Gastroenterology and Hepatology  
olygastro.com

## 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"><li><b>Regarding Aspirin:</b> 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 <b>NOT</b> stop aspirin. If you are on aspirin for arthritis or simply as a general recommendation, do <b>STOP</b> it for this procedure.</li><li>Tylenol and Acetaminophen are <b>okay to take</b>.</li><li>Read this entire instruction sheet (front and back).</li><li>Read complete packet of materials included with this handout.</li></ol>	<ol style="list-style-type: none"><li>If you take Prednisone, do <b>NOT</b> stop taking it unless otherwise directed.</li><li>Remember to pre-pay per your benefits estimate letter or telephone call.</li></ol>	<ol style="list-style-type: none"><li><b>DO NOT</b> eat any solid food after midnight the day of your exam. <u>You may drink <b>clear liquids</b>* (see back page) until <b>five hours before</b> your appointment, then <b>STOP</b>.</u></li><li>MEDICATIONS TO <b>STOP</b>:<ul style="list-style-type: none"><li>Do <b>NOT</b> take any diabetes medication after midnight the day of your exam.</li><li>If you are on Lovenox injections, <b>STOP</b> 12 hours before your appointment.</li></ul></li><li>MEDICATIONS TO <b>TAKE</b>: (<i>with a sip of water</i>)<ul style="list-style-type: none"><li><b>Do take</b> prescription blood pressure, heart, lung, seizure, (narcotic) pain, and psychiatric medications.</li></ul></li><li>Wear comfortable clothing and socks to keep your feet warm.</li><li>Do <b>not</b> wear jewelry, tight belts, pantyhose, cologne or perfume.</li><li>Leave money and other valuables at home.</li><li>Bring insurance card(s), copay (if required) and driver's license or photo ID.</li><li>You do not need to bring a driver with you to this exam as there is no sedation given.</li></ol>

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 [olygastro.com](http://olygastro.com) to obtain more information about our practice.**

**If you have questions, call 360.413.8250   \*\*\*Read the front of this form for full instructions\*\*\***