

ANESTHESIA PROCEDURE PREPARATION FOR: EUS/ERCP/EGD/EGD HALO WITH ANESTHESIA

This instruction sheet encompasses multiple different procedure types, a member of our office will confirm which of the below procedures you are scheduled for

EUS or Endoscopic Ultrasound, is a medical procedure that combines endoscopy and ultrasound to create detailed images of the gastrointestinal tract and nearby organs. It's a minimally invasive procedure used to diagnose and stage cancers, identify abnormalities, and even help with treatment planning.

ERCP stands for Endoscopic Retrograde Cholangiopancreatography. It's a procedure that combines endoscopy and X-rays to examine and treat problems in the bile and pancreatic ducts. During ERCP, a thin, flexible tube with a camera (an endoscope) is inserted through the mouth, down the esophagus and stomach, and into the small intestine to visualize these ducts.

Esophagogastroduodenoscopy, commonly referred to as an EGD or upper endoscopy, visually examines the esophagus, stomach and first part of the small intestine (duodenum). To ensure the best possible EGD results, it is imperative to follow the below instructions. Failure to do so, may result in your procedure being rescheduled.

EGD with HALO ablation is a procedure used to treat Barrett's esophagus, a precancerous condition of the esophagus. It involves using radiofrequency energy to remove the diseased lining of the esophagus during an upper endoscopy (EGD). The HALO system delivers controlled heat to precisely ablate (destroy) the abnormal tissue, allowing healthy tissue to regenerate.

7 DAYS PRIOR TO YOUR PROCEDURE

- ✓ STOP all over-the-counter supplements:
 - Iron, multi-vitamins and herbal supplements
- ✓ CONTINUE to take:
 - Regular prescription medications unless instructed to stop by our office or another provider

Please ensure that you arrange for medical transport or a responsible adult driver to accompany you on the day of your procedure. For your safety, you will NOT be allowed to drive, operate machinery, or return to work until the following day. Your driver should remain on-site for the full duration of your visit.

1 DAY PRIOR TO YOUR PROCEDURE

- ✓ STOP:
 - Do NOT consume alcohol, creamer, red or purple-colored liquids
- ✓ HYDRATE:
 - Drink at least 64oz of water to stay hydrated prior to procedure
- ✓ DIET:
 - Up until 11:45PM you may consume a regular diet
 - After 11:45PM, you may only consume clear liquids up until 8 hours prior to your procedure.
 - Examples include: water, chicken broth, apple or white grape juice, sport drinks, popsicles, Jell-O, coffee and tea (no cream), and soft drinks

DAY OF YOUR PROCEDURE

- ✓ **8 HOURS** before procedure:
 - **DO NOT DRINK ANY LIQUIDS OR CONSUME ANYTHING BY MOUTH** due to risk of aspiration. Failure to comply will result in your procedure being delayed or cancelled!

PREPARING FOR ARRIVAL

- ✓ Leave your valuables (including watches, jewelry, and personal effects) at home.
- ✓ Please bring your photo ID, insurance card, and an updated list of medications.
- ✓ Pack an overnight bag in case an extended stay is necessary.

MEDICATION ADJUSTMENTS

- ✓ **For Diabetic Patients:**
 - Remember to check your blood sugars frequently the day before and day of your procedure.
- ✓ **For Patients on Blood Thinners:**
 - If you're taking blood thinners like Warfarin, Plavix, Eliquis, or Xarelto, make sure to follow the specific instructions our office has given you.
- ✓ **For Patients Taking GLP-1 Medications:**
 - Examples include Ozempic, Wegovy, Zepbound, Trulicity, Bydureon, Byetta, Saxenda, Victoza, Adlyxin, and Rybelsus.
 - **If you take your GLP-1 medication daily:** Do not take it on the day of your procedure.
 - **If you take your GLP-1 medication weekly:** Do not take it for 7 days before the procedure.

Need More Help?

- If you have any questions about these instructions, please call our office during regular business hours 8:00AM–5:00PM Monday through Friday at 208-489-1887.
- If you need to call after 5:00PM, please use 208-489-1900.

Frequently Asked Questions (FAQs)

- For answers to frequently asked questions, visit our website: www.digestivehealthclinic.com
- Please remember to report to the hospital for your procedure.