

Dear Patient,

Your gastroenterologist has requested our physicians to provide anesthesia care and monitoring during your upcoming procedure. Our goal is to provide you with a safe, comfortable, and pain-free experience. If you have any questions about the anesthesia process, feel free to visit our website ([www.zzzmd.com](http://www.zzzmd.com)) or call our Mobile Anesthesiologist GI Nurse at (984) 789-0352. Our anesthesiologist and nurse will also be available on the day of your procedure to answer any questions you have. Below is very important information for you to review prior to your procedure.

## **Pre-operative Anesthesia Phone Call**

Prior to your scheduled procedure, one of our nurses will contact you to review your health history and pre-operative instructions. The nurse will contact you within one week of your procedure. **If you have NOT received a pre-operative phone call within 3 days of your procedure, please contact the pre-operative nurse at (984) 789-0352.**

## **Transportation To & From The Procedure**

**Remember to have a driver!!!** You must have a responsible companion, family member or friend, 18 years of age or older escort you to the endoscopy center, be available during your procedure, be present at the time of your discharge, drive you home, and stay with you for several hours after your procedure.

You **may NOT go home alone** in a taxi, shuttle van, bus, or uber, as these drivers will not be responsible for you. If you receive sedation, you may not drive until the next day.

**Your driver must remain on site during your procedure.**

## **Medications on the Day of Your Procedure**

1. You may take your prescribed morning medications as usual with just a sip of water at least 2 hours prior to the procedure. NOTE: it is especially important that you take high blood pressure and heart medications.
2. EXCEPTIONS ARE AS FOLLOWS:
  - If your surgeon has instructed you not to take a specific medication (ex. Blood thinners such as coumadin or aspirin) then do not take them.
  - If you are on a diuretic (water pill) please **do not** take it the morning of surgery.
  - If you have respiratory problems that require the use of inhalers, please use your inhaler as usual and bring it with you (even if you don't use it very often).
  - Weight loss drugs must be stopped one week prior to your procedure.

## **If you are a Diabetic:**

1. Please **do not** take your insulin or other oral diabetic medications the morning of your scheduled procedure. (you will not be eating therefore your blood sugar may drop too low). Please continue to check your blood sugar as usual on the prior to your procedure and day of your procedure. IF you have questions please call us at (984) 789-0352.

**If you have any questions regarding the above instructions, or have any other concerns you would like to discuss with a nurse please contact us at (984) 789-0352.**