

What you need to know for your interventional endoscopy procedure

Important Pre-Procedure Information

What to bring to your exam: Plan ahead

- An adult escort. For your safety, please arrange for an adult escort to take you home following your procedure. You will not be permitted to drive or arrange ride share or taxi services. If you do not have an adult escort, hospital policy requires us to cancel and reschedule your procedure.
- Name and phone number of your escort if they cannot be with you when you check in. They should be available to pick you up within 30 minutes of being called.
- A sample copy of the Massachusetts General Hospital Patient Consent to Procedure form (see last page) is included in this packet for your review. If you are unable to consent on the day of your exam, a signed Health Care Proxy Form must be provided or your proxy must be present to state consent on your behalf. Your proxy can also state consent over the phone by calling our office within 30 days of the exam. **If consent is not provided, hospital policy requires us to cancel and reschedule your procedure.**
- Please note that Mass General policy requires that women, ages 11–55 years old, take a pregnancy test prior to having any endoscopic procedure. When you arrive for your procedure, a registered nurse will screen you for the test and if needed, request that you provide a urine sample.
- Photo identification
- Updated medication list
- Do not wear jewelry other than wedding rings.

Please refer to the day-of-procedure instructions attached with your prep for important COVID pre-procedural related inquiries.

Medication guidance

- **If you have diabetes** and are taking Canagliflozin (Invokana), Canagliflozin and Metformin (Invokamet), Dapagliflozin (Farxiga), Xigduo XR Dapagliflozin and Metformin extended-release, or Empagliflozin (Jardiance), please stop it at least 3 days before your GI procedure.

If you are taking ertugliflozin (Steglatro, Stegujan, or Segluromet), please stop it at least 4 days before your scheduled procedure. Make sure to contact your primary care physician or diabetes doctor about the suggested changes above and get their guidance as well.

- **If you take insulin**, we usually recommend you take half of your normal dose the day of your exam. We will check your blood sugar.
- **If you take blood thinners** (Coumadin, Plavix, Pradaxa, Xarelto, Eliquis Lovenox, etc.) often, these medications need to be stopped prior to any interventional endoscopy procedure. We will obtain clearance from your prescribing physician to ensure that it is safe for you to come off these medications in preparation for your procedure. On occasion, we will be able to perform the procedure on these medications. We will inform you whether you need to stop or continue your blood thinner.

Please note: You can always continue aspirin for all interventional endoscopy procedures if prescribed by your PCP or cardiologist for your heart.

Procedure preparation instructions of your procedure

- If you have a **morning** procedure, do not eat or drink anything after midnight on the night before the procedure.
- If you have an **afternoon** procedure, you may have a clear liquid breakfast. Clear liquids include water, tea, black coffee, clear broth, apple juice, Gatorade, soda, and Jell-O. Do not add milk products to beverages. **Stop clear liquids 4 hours before your procedure.**
- **Do not have gum or hard candy within 4 hours of your procedure.**
- Take all of your usual medications including medications for high blood pressure with small sips of water.

After your procedure

- You will be monitored in the Endoscopy Unit Recovery Area for approximately 1 hour.
- Please bring personal items in case you are admitted to the hospital after the procedure.
- You will receive diet and medication instructions.
- You may return to work the day after the procedure.

Please note: We are an endoscopy unit facilitating both outpatient and inpatient needs. Due to the nature of the complex procedures we perform, unavoidable delays may occur. Please plan accordingly. Every effort is made to start your procedure on time. We appreciate your patience and flexibility!