



**Gastroenterology Group**  
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**THE PROCEDURE SCHEDULED FOR: Endoscopy: ST. Francis GI Endoscopy, LLC, Windsor**

**DAY OF PROCEDURE ARRIVE AT:** ST Francis GI Endoscopy, LLC, 360 Bloomfield Avenue, Suite #204, Windsor, CT 06095. Exit #37 (Bloomfield Ave/Windsor Center) off Interstate 91 North. (Take right onto Bloomfield Avenue and make an immediate left turn onto a long driveway, before the Mobil Gas Station) or Exit #37 Interstate 91 South (Take left onto Bloomfield Avenue and make a left turn before the Mobil Gas Station). Phone # 860-683-9991.

The procedure takes approximately 30-45 minutes. **Plan to be at the hospital for about 2 hours from the arrival time. Because of sedation, it is MANDATORY that someone drives you home after the procedure.** Please be advised that you cannot use a cab or dial-a-ride to return home. American Medical Response can be of some assistance with medical transportation (860) 522-7574.

**YOU MUST DISCONTINUE THE FOLLOWING PRIOR TO YOUR PROCEDURE:**

**5 DAYS PRIOR:** NO Advil, Aleve, Aspirin, Ibuprofen, Motrin, Iron, or Vitamin E (includes prescription blood thinners or anti-inflammatory medications). Tylenol is safe to take. Any other necessary medications can be taken the morning of the procedure with a sip of water except for PPI'S, ie: Aciphex, Nexium, Prevacid, Prilosec, Protonix, etc.

**2 WEEKS PRIOR:** NO herbal supplements which include Omega 3, Fish Oil, Flaxseed, Glucosamine/Chondroitin, Saw Palmetto, Cranberry, Cinnamon, CO-Q10, Ginseng, Echinacea, Ginkgo Biloba, & Garlic. **IF YOU FORGET TO STOP, IT WILL NOT PREVENT YOU FROM HAVING YOUR PROCEDURE!**

**4 DAYS PRIOR:** NO Coumadin.

**7 DAYS PRIOR:** NO Plavix.

**DIABETIC PATIENTS: Please read the following directions regarding your medication:**

The day before your procedure take ½ of your diabetic medication. Do not take it the day of your procedure. You may bring to the hospital to have it administered after your procedure.

**\*\*INSURANCE:**

Our office will obtain pre-certification, but that is not a guarantee of payment.

It is the patient's responsibility to contact their insurance to check covered benefits.

It is the patient's responsibility to contact our office **immediately** with any insurance changes.

## Endoscopy Prep ST. Francis GI Endoscopy, LLC, Windsor

### **PREPARATION**

The only preparation for this procedure is that you completely **fast** after midnight, except you may have clear-colored liquids only (see diet below) up to six hours prior to your procedure time. Therefore, you must have **nothing** by mouth after \_\_\_\_\_. If you need to take other necessary medications in the morning, please try to do so prior to the time indicated above. If not, please take medication with only a sip of water!

### **CLEAR LIQUID DIET LSIT:**

**PLEASE AVOID ALL DAIRY PRODUCTS AND ANYTHING COLORED RED OR PURPLE**

### **ALLOWED:**

- Soft drinks – regular or diet sodas (orange, ginger ale, cola, Sprite, 7-UP, etc)
- Gatorade, Crystal Light and Kool- Aid
- Strained fruit juices **without pulp** (apple, orange, white grape, lemonade, iced tea, white cranberry, etc)
- Water or seltzer
- Tea or black coffee. **NO** milk or non-dairy creamer. Sugar and honey are allowed.
- Fat- free, low sodium chicken or beef broth / bouillon
- Hard candies (mints, lifesavers, etc)
- Jell-o (lemon, lime, orange; no fruit or toppings)
- Popsicles, Italian Ice (no sherbets or fruit bars)