



**Gastroenterology Group**  
44 Dale Road First Floor  
Avon, CT 06001  
**Telephone: (860) 674-8830**  
Fax: (860) 674-8984

Golam R. Gazi, M.D.  
Ronald P. Josephson, M.D.  
Carol A. Petruff, M.D.  
Lani Ralston, APRN

Brian Van Linda, M.D.  
Janice Whedon, A.P.R.N.  
Anthony T. Zaldonis, M.D.

**THE PROCEDURE SCHEDULED FOR: Endoscopy: ST. Francis Hospital**

**DAY OF PROCEDURE ARRIVE AT:** ST. Frances Hospital, 114 Woodland ST, Hartford, CT. – Parking Garage from Woodland ST./Collins ST Entrance or, you may be dropped off at front doors- take stairs on left. Proceed to 2<sup>nd</sup> Floor, “**admitting**” to check in, then to the **Endo Unit** (day hospital) across the hall.

The procedure takes approximately 30-45 minutes. **Plan to be at the hospital for about 3 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 Hospital

### 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 coffee- **no** milk or non-dairy creamer. Sugar and honey are allowed.
- Fat free, low sodium, beef or bouillon/broth.
- Hard candies (mints, lifesavers, etc).
- Popsicles, Italian Ice (no sherbets or fruit bars)