



ERCP / UPPER EUS PREPARATION INSTRUCTIONS

You have been scheduled for an **ERCP** or **Upper EUS** with Duke Gastroenterology. This is a detailed examination of your upper GI tract, biliary tract, or surrounding tissue. You cannot eat or drink after midnight. Please bring any X-rays, CT scans or lab work you may have.

Your stomach must be empty for us to perform this test. Please read the following instructions ahead of time so you can be adequately prepared for this exam.

To ensure your comfort, IV sedation will be given for this exam (to make you relaxed). You must have a responsible companion, family member, or friend, 18 years of age or older escort you to the endoscopy suite, remain on site during your procedure, be present at the time of your discharge, drive you home, and stay with you for several hours after your procedure. We discourage children in patient care areas.

You **may not go home alone** in a taxi, shuttle van, or bus, as these drivers will not be responsible for you. If you receive sedation, you may not drive until the next day. **Plan to spend 3 to 4 hours total visit time in our unit.**

If your escort does not accompany you to the unit, your procedure unfortunately will be rescheduled.

If you have an iodine, contrast or shellfish allergy, you must begin steroid therapy the day before your ERCP. If you have not discussed this with your physician and received a prescription with instructions, please call (919) 684-6437 several days in advance of your procedure.

SPECIAL MEDICATION INSTRUCTIONS

We recommend the following medication changes prior to your procedure:

- Blood-thinning medications (Coumadin, Ticlid, Plavix, and Lovenox) may need to be discontinued prior to your procedure. Please contact your prescribing physician for instructions well in advance since you will need to be off these drugs 5-10 days, depending on the medicine.
- Do not take iron pills 7 days prior to your procedure.
- Diabetic patients. If you take an oral hypoglycemic "sugar pill", do/not take it the day of your procedure. If you are taking insulin, you should only take half (1/2) of your usual scheduled dose before your procedure.
- Continue to take your other prescribed medications as usual. If you have any questions about your medications, call your prescribing physician.
- If you have an internal defibrillator device (AICD), please bring your card to give to the nurse. You will need to know the name brand of your device prior to your procedure.