

## IMPORTANT INSTRUCTIONS

**Patients receiving sedation or anesthesia may not drive for the rest of the day.**

**You must have a responsible adult drive you home.**

**You may not walk home or take public transportation. You may not take a taxi home unless you have an adult friend or family member with you. All patient rides must arrive by 4:30pm. Please call your doctor if you cannot get a ride.**

**If you are scheduled for a colonoscopy**, please take the **colon prep solution** and follow diet orders as instructed by your physician. This usually includes having only clear liquids the day before your procedure. Nothing may be taken by mouth (NPO) after midnight before your procedure\*.

**If you are scheduled for an upper endoscopy**, nothing may be taken by mouth (NPO) after midnight before your procedure\*.

**\*For colonoscopy or upper endoscopy you may take your cardiac and blood pressure medications with sips of water at least 3 hours before your procedure.** Clear liquids (ex. apple juice, black coffee or tea, chicken broth) **may** be permitted until 3 hours before your procedure. **Please check with your doctor.**

IF YOU ARE NOT GETTING SEDATION FOR YOUR PROCEDURE PLEASE ASK YOUR DOCTOR WHEN TO STOP EATING AND DRINKING BEFORE YOUR PROCEDURE

Please note the above are minimum requirements of the Center. Your doctor's instructions may vary slightly. Feel free to call the center if you have questions or concerns about the above.  
201-336-1100

**It is important to tell your doctor** if you are taking any medications to thin your blood. They may need to be stopped for some time before your surgery or procedure. Some examples of medications that may need to be stopped are aspirin, Coumadin, Plavix, Effient, Motrin, Aleve, vitamin E, fish oil. **Do not stop any medication without first speaking to your doctor.**

**Please leave all jewelry and valuables at home, including body piercings.**

**Please bring with you** your insurance card(s), identification, advance directive and a list of any medications you take (prescription and over the counter plus supplements) including dosage. Please bring a credit card or check for your co-payment, deductible or coinsurance payment.

## **CENTER MISSION**

The mission of the Center is to provide first class surgical services for the local community in a safe, comfortable and welcoming environment; one in which we would be happy to treat our own families.