

# INTERMOUNTAIN SURGERY CENTER – ALTA VIEW

## ENDOSCOPY PATIENT GUIDE

*Welcome! We wish to provide you with excellent care during your time with us. These instructions will help you prepare for your procedure.*

### ONE WEEK BEFORE YOUR ENDOSCOPY PROCEDURE

- All patients **MUST** complete a Patient Health History and a Medication History prior to your procedure.
  1. You will receive a phone call from a nurse 1-3 days prior to your scheduled exam. This phone call is to obtain your health history and current medications. This conversation will take approximately 10-15 minutes to complete. If you are not available, a message will be left for you to return the call.
  2. You may call one day before your procedure, after 1 PM, to receive your arrival time. Our number is 801-924-2878. Our hours are 7 AM to 4 PM. We are closed weekends and holidays.
  3. For pre-service questions relating to insurance verification and procedure estimates, please call 801-512-0464.
- If you have advanced directives such as a living will, a special power of attorney, or a medical treatment plan, please bring a copy of these documents with you on the day of the procedure.
- Stop all GLP-1/SLGT2 medications. Discuss alternatives with your prescribing provider. **If taking these medications, only clear liquids for 48 hours prior to surgery.**

### ONE DAY BEFORE YOUR ENDOSCOPY PROCEDURE

- We will contact you **AFTER 1 PM** the day before your procedure to confirm the time of your appointment. If you received a start time from your physician's office, please disregard that start time and follow the instructions from Intermountain Surgery Center – Alta View Endoscopy.
- **If you are having a colonoscopy, please follow the instructions from your doctor to complete your bowel preparation.** If you have not yet received the instructions for your bowel preparation, please call your physician.

### DAY OF YOUR ENDOSCOPY PROCEDURE

- You **MUST** arrange for a responsible person to drive you home.
- If you are having a colonoscopy, **DO NOT** eat anything solid the day before your procedure or the day of your procedure.

- If you are having an upper Endoscopy, **DO NOT** eat anything solid the day of your procedure.
- You may drink **ONLY** water, apple juice, sports drinks (no red or purple), or soda pop until 2 hours before your arrival time at Intermountain Surgery Center – Alta View. Absolutely nothing by mouth 2 hours before your scheduled procedure time or your procedure may be cancelled. This includes water, gum, candy, mints and cigarettes.
- You may take specific medications, as directed by your physician, with a sip of water as early as possible. If you use an inhaler, please bring it with you as well as any other medications as directed by your physician.
- To enter Intermountain Surgery Center – Alta View, enter the front door of the west side of building 1 of the Alta View Hospital campus.
- One family member should remain with you to receive instructions from the doctor after your procedure.
- Keep in mind there is limited space, and the wait can be very long for children.
- Do not wear jewelry, metal body piercings, or hair accessories. Please leave valuables at home.
- Wear loose, comfortable clothing that is easy to get on and off.
- Due to the sedative medicine often used and for safety reasons, you are not allowed to drive yourself home. You must have a designated driver to take you home. If you use public transportation, you will need to have somebody accompany you home.



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