

PM Insutructions for Your Endoscopy

Date of Procedure _____ Arrival Time _____

___ Citrus Endo Center : 6412 W Gulf to Lake Hwy, Crystal River (352)563-0223

___ Suncoast Endo Center : 3621 E Forest Drive, Inverness (352)637-2787

If you have questions or need to reschedule call **Shannon** 352-563-2450 Ex 106

Hold _____ Starting on _____

One day prior to your Procedure:

- Do not smoke, drink alcohol or use marijuana
- Take 2 Extra Strength GAS-X tablets before going to bed (found in the laxative aisle of the grocery store)
- DO NOT eat anything after midnight

Day of your Procedure:

- Do not drink anything 5 hours prior to the procedure
- Do not smoke until after you procedure
- If you take any heart, blood pressure or seizure medications in the morning, take **ONLY** those medications with a **SIP** of water
- Take half a dose of your usual insulin
- Bring your ID and method of payment
- Leave all personal items at home, we are not responsible for lost items
- Wear warm socks
- **ARRANGE FOR A DRIVER TO TAKE YOU HOME!**