



PLEASE READ AND FOLLOW THESE IMPORTANT INSTRUCTIONS PRIOR TO YOUR PROCEDURE

1. You may take a bath/shower the evening before or the morning of your procedure. Do not apply lotions or skin care products to your skin after bathing (deodorant is okay). Brush your teeth, but do not swallow the water. Do not wear make-up and remove regular fingernail polish. Gel polish may stay on, but choose light colors if possible. If you are menstruating, inform the check in nurse on the day of your procedure. Please bring your preferred type of pad/tampon with you. **You must bring your military ID card with you.**
2. The staff will complete a safety check prior to beginning your procedure. This includes a patient identification process, verification of procedure site, and a time-out prior to procedure.
3. Please leave all valuables at home. All jewelry must be removed prior to your procedure, this includes body piercings. If you wear contact lenses, glasses, or dentures please bring a container for safe keeping.
4. A gown and slipper socks will be provided for you. You cannot wear personal clothing in the procedure room. Wear loose fitting pants with elastic or drawstring waist since you may feel bloated after the procedure.
5. This is an elective procedure. Your doctor wants you to be healthy to proceed with the procedure. If there is any change in your physical condition, such as a cold, cough, fever, rash, severe congestion/inability to breathe through your nose, new cardiac/heart symptoms, or you start new medications or antibiotics, please notify the nurse as soon as the change occurs. The nurse and/or MD will determine if it is safe for you to continue. If needed, the nurse can help you reschedule according to your symptoms at an appropriate time period from when you feel well again. Maximum reschedule attempts is 3.
-  6. Due to changes in the procedure schedule, you must be available by phone prior to your report time. Make sure we have your current phone number to reach you (home, cell, work). **YOUR REPORT TIME IS NOT THE TIME OF YOUR PROCEDURE!** Parking lot 5, Entrance 3 (near pharmacy), and Elevator A are closest to GI lab. If you park in ER, walk down the long hallway to Elevator B, 2nd floor, and then turn right to go to GI lab / Same Day Surgery desk.
7. **You may have to wait longer than expected.** Procedure times are based on the doctor's best estimate. There is a television and magazines to read while you are waiting in the GI waiting room. You may bring a book or magazine with you into the pre-procedure check in area. We suggest that your driver have a cell phone available to them the day of your procedure in case the staff needs to reach them if they choose to leave the waiting area to go to another part of the hospital. **In the event that your recovery is delayed, your doctor may admit you overnight.**
8. Please note small children are not to be left unattended in the waiting room area at any time. Please make arrangements for their care.
-  9. **You cannot drive yourself home after your procedure. You MUST arrange for a responsible adult (18 years or older) to drive you home.** If you do not have a driver, your procedure **WILL BE CANCELLED.** Someone must be available to you for 24 hours after your procedure because you may have impaired judgment after being sedated. Stay at home and rest for the remainder of the day. **You may not drive, drink alcohol, operate complex equipment, make any important/legal/financial decisions or sign legal documents for 24 hours after your procedure.** For your planning purposes, you will need the full day of procedure and ½ a day after procedure off of work / appointment free. Your driver will need to have between 0645-1500 free the day of your procedure.
10. After your procedure, while you are in recovery, the staff will give you and/or your caregiver your discharge information. Your driver will sign your discharge paperwork.
11. Management of any discomfort after the procedure is important. You will be asked your pain on a scale of 0-10. # 0 is no pain, #10 is the worst possible pain. Let the nurses know if you are having any pain, nausea or vomiting so the nurse can assist you in relieving any discomfort before you leave the procedure area.

Questions/Cancellations: Nurse in the GI Clinic- (702) 653-3691. Please provide as much advanced notice as possible should cancellation or reschedule become necessary. Reschedules will be completed at the next available appointment slot which could be approximately 2-6 weeks out.