**PATIENT ITINERARY**

DATE APPOINTMENT TIME DEPARTMENT

**PLEASE ARRIVE 45 MINUTES BEFORE YOUR APPOINTMENT TIME**

**Mount Nittany Medical Center – Main Entrance**

**1800 East Park Avenue**

**State College, PA 16803**

You are scheduled for an upper endoscopy that is called an esophagogastroduodenoscopy or EGD. Please review all of the instructions at least one week before your appointment because there are several things you will need to do.

**PRE-ANESTHESIA PHONE INTERVIEW**

A nurse will call you by phone to review your health history and current medicines. This is done to help you have the best outcome. **If you have not heard from us by two** **weeks before your procedure, call us at (814) 278-4643.**

**HOW TO PREPARE**

* **At least 10 days before your procedure,** ask your doctor/pre-anesthesia testing nurse what medicines you should and should not take before and after your procedure. If you take any blood thinners, including Coumadin (warfarin),Plavix (clopidogrel), Pradaxa (dabigatran), Eliquis (apixaban), or any others, please contact your prescribing doctor for instructions**.** If you are unsure whether or not you take any blood thinners, please call your doctor.
* Follow the instructions from your doctor’s office
* On the day of your appointment, you will come to the hospital. Please bring:
* This itinerary
* Current insurance card(s)
* Photo ID
* Current medicine list

If you have questions or concerns, please call: 814-234-6106 or toll free 1-866-373-6106.

If you need help understanding or reading English, or if you have trouble hearing, seeing or walking, help us plan for your visit by calling us at 814-234-6106 or toll free 1-866-373-6106.

All Mount Nittany Health facilities, including outside properties, are tobacco free to ensure a safe, clean and healthy environment for our patients and employees. Thank you for your cooperation.

**WHAT TO WEAR**

* Do not wear any make-up, nail polish, artificial nails or jewelry.
* Wear loose-fitting, comfortable clothing.
* If you wear eyeglasses or contact lenses, please bring case or contact lens container.
* If you wear hearing aids, please bring container.

**TRANSPORTATION**

You must have a responsible adult with you the day of your procedure. This person should stay in the waiting areas. You will need this person to drive you home after your procedure. They are responsible for your transportation. If you do not have a responsible person, your procedure may be cancelled and rescheduled. You may not use a taxi or bus unless you bring a responsible adult (**NOT THE TAXI DRIVER/BUS DRIVER**).

**PROCEDURE INSTRUCTIONS:**

**CONTINUE TO FOLLOW INSTRUCTIONS FROM YOUR DOCTOR’S OFFICE**

**EVENING BEFORE YOUR PROCEDURE**

**DO NOT EAT OR DRINK ANYTHING 8 HOURS BEFORE YOUR PROCEDURE.** **You may have clear liquids only up to 8 hours before your procedure. NO GUM, HARD CANDY, OR CHEWING TOBACCO (SNUFF).**  It is important that your stomach is empty to prevent complications.

* **If you are diabetic,** and you take long acting insulin (i.e. Lantus) at night, take ½ of the usual dose the night before the procedure or as directed by your prescribing doctor. Please continue to check your blood sugar.

**DAY OF PROCEDURE**

* **You may take your normal medicines with sips of water at least 2 hours before your procedure, unless otherwise instructed.** You may use inhalers (bring your rescue inhaler with you) and topical skin patches.
* **If you are diabetic, do not take insulin or any oral hyperglycemic medicines on the day of your procedure**. Please continue to check your blood sugar.

**ARRIVAL**

**PLEASE ARRIVE AT LEAST 45 MINUTES BEFORE YOUR APPOINTMENT TIME**

* The staff will review your medicines, medical history and surgical history with you.
* If you are a woman 55 years old or younger, you may be asked to give a urine sample to check for pregnancy.
* To keep you comfortable, medicine will be given through the IV catheter, which is placed in your vein.
* The doctor performing your procedure will talk with you before and after your procedure.

If you have any questions, call the Endoscopy Unit at 814-231-7018 Monday through Friday from 8:00 a.m. – 4:30 p.m. OR at [.mountnittany.org/specialties](http://www.mountnittany.org/specialties)-and-services/gastroenterology.

Thank you for selecting Mount Nittany Medical Center for your healthcare needs.