





Getting Ready for Your Endoscopy Procedure

- Follow the directions and complete the cleaning preparation as prescribed. 
- Drink clear fluids and extra water. If you have heart or kidney problems follow your health care provider's advice about extra fluids. **Avoid red coloured jello and drinks.** 
- Plan to arrive 1 hour before your scheduled procedure to register and be prepared for your procedure. 
- Plan to be here 1 to 3 hours.
- Bring a current list of medications you take. You can get this from your pharmacy. 
- You will be given sedation medication so you must come for your procedure with a responsible adult. This adult must be able to come to the recovery room to listen to your discharge instructions and help you leave the hospital. This adult can wait for you in the waiting room or leave a contact telephone number with you. Please remind this person to keep his or her telephone on. 
- **If you do not have an adult to take you home, your procedure will be done without sedation or will be cancelled.**
- Please bring a person who can translate for you if you need help understanding and speaking English.
- Clean your hands as you enter and leave rooms and the building. 