



Pre-Operative Instructions for GI procedures (EGD and/or Colonoscopy)

If you haven't already done so, [please click this link to complete your One Medical Passport questionnaire](#). This information will be used by the anesthesia team to review your medical history and approve your procedure.

PLEASE NOTE: Failure to complete your medical history in One Medical Passport may result in your procedure being delayed or cancelled.

The Day Before Your Procedure

- You may have received a tentative arrival time from the GI Office when you scheduled your procedure. This time may change based on scheduling needs. **Your confirmed arrival time will be provided between 10 a.m. and 2 p.m. the day before your procedure.** If your procedure is on a Monday, you will be called the Friday before.
- All prep instructions will come from the GI Office.** If you have not received your prep information, please contact them directly.
 - » **If you are having a colonoscopy, please complete your bowel prep exactly as instructed.** Beginning the day before your procedure, you must maintain a **clear liquid diet for the entire day**, starting with breakfast and continuing through the evening.
 - » **If you have diabetes**, it is recommended that you have a glass of juice or a regular soda before bed to help prevent low blood sugar overnight.
 - » **Drinking plenty of clear liquids** improves your final bowel cleansing.
- DO NOT** eat or drink after 11:59 p.m. the night before your procedure. This includes chewing gum, mints, and all oral intake. You may brush your teeth the morning of surgery, but **DO NOT** swallow water.
- DO NOT consume alcohol 24 hours prior to surgery. DO NOT smoke 12 hours prior to surgery.** Both can cause adverse reactions to anesthesia and medications.

The Day Before Your Procedure

- Shower the morning of your procedure** to minimize the risk of infection. Avoid lotions and powders.
- In the morning, you should take inhalers and any approved heart, blood pressure, seizure, anti-anxiety, or respiratory medications with a small sip of water.
- DO NOT** take blood thinners or diabetes medications unless otherwise directed by your provider.
- You should wake up early to take your medications at least 2 hours before your test, even if you are having an EGD.
- If you use inhalers for asthma, please bring them with you.
- Before arriving, remove all jewelry, body piercings, makeup, and nail polish. If you wear glasses, contact lenses, dentures, or hearing aids you will be asked to remove them for surgery. Please bring cases to store these items safely.
- If you are having a colonoscopy and took your bowel prep yesterday**, you may pass some cloudy or dark liquid stool in the morning. This is common and not something to be concerned about. If you drank the prep until your stool was clear the day before, your prep is probably fine. If you feel that you have not been completely cleaned out, take a Fleet's water enema.



- **What should I bring?**
 - » **Photo ID**
 - » **Insurance card**
 - » Ability to cover copayments (we accept cash, credit card, and check)
 - » Cases/holders for contact lenses, glasses, hearing aids, and/or dentures
- **Please leave all valuables at home and wear loose, comfortable clothing. Loose, button-up shirts are recommended, along with loose-fitting pants or shorts. We will provide socks and a belongings bag. Lockers are available upon request.**
- **Please have a responsible adult available to help after your procedure.**
 - » You will not be allowed to drive for at least 24 hours following your surgery. A responsible adult (18 or older) must drive you home and remain at the surgery center during your stay so your physician can provide post-operative instructions.
 - » Taxi, Uber, Lyft, and public transportation are **NOT** permitted unless you are accompanied by a responsible adult. Someone should stay with you for the first 24 hours after surgery.

Visitor Policy

- All patients under 18 years old must have a parent or guardian remain with them throughout their stay.

Other Reminders

- Females of childbearing age will be required to provide a urine specimen upon arrival to the surgical center.
- **Note:** Please inform the front desk if you need to use the restroom before you are taken to the pre-op area.
- If you develop any changes in your health status such as fever, cough, rash, cold, vomiting, or diarrhea, notify your surgery team immediately.

If you have any questions, please contact the nurse line at (708) 827-2370.

Our Location

Palos Surgicenter

7340 W College Dr # 1
Palos Heights, IL 60463

[Click here for directions from Google Maps](#)

We are committed to excellent care. Please let our nurses know if you have any special requests or needs, so we can take the best possible care of you. Before discharge, we will review instructions with you and provide a written copy for you to take home. Thank you for trusting us with your care!