



# Endoscopic Retrograde Cholangio-Pancreatography Instructions

**Important** - Please read these instructions completely for best outcome.

## Key Instructions:

- **Do not** eat solid, soft, or creamy foods after midnight, the night before your procedure.
- **You must stop all liquids 6 hours** before your procedure.
- **Do not** chew gum or eat hard candy the day of your procedure.

## Pre-Procedure Testing

You will be scheduled for a Pre-Admission Test appointment with a provider to go over your medical history and physical exam. You will be directed during this visit if any testing is required prior to your scheduled Endoscopy.

A nurse will call you before your history and physical appointment to go over your medications and instructions. Certain medications may need to be stopped or changed temporarily. It is important that we have a complete list of medications and supplements you are currently taking.

## COVID-19 Testing

You will be scheduled for a COVID-19 swab at least 3 days prior to your procedure. It is important for you to attend this appointment to prevent any delays on the day of your Endoscopy.

## Responsible Person

You will receive medications that make you sleepy during this procedure. Some of these medications can cause forgetfulness, and affect your ability to make decisions.

You must have someone who is over the age of 18 who can safely drive you home from your Endoscopy appointment. If you are using public transportation, you must have someone over the age of 18 ride with you.

You must have someone over the age of 18 be with you for 12 hours after your procedure. You will not be able to drive until the next day, and will need someone to help you in case of emergency.

## Before your Procedure

When you get here for your appointment, our registration staff will check you in. One of our staff members will bring you back to the admitting area and your nurse will get you ready for your

procedure. Your nurse will ask when you last took your medications. It is helpful if you bring a list for the nurse to review.

- Women of a certain age will need to take a pregnancy test, unless you have had a hysterectomy or are post-menopause.

The doctor will talk to you about the procedure and explain the risks, and benefits. They will also discuss other choices you have if you do not wish to go forward with this procedure. If you agree to continue, you will sign a consent.

Your anesthesia doctor will talk to you about the plan for your sedation for the procedure, and discuss any risks with you. If you agree to continue, you will sign a consent.

An intravenous line (IV) will be placed in your arm or hand, and IV fluid given to you. This is the way you will receive medications during your procedure.

## **During your Procedure**

Your nurse and technician will greet you. The nurse will check that you have signed your consents for the procedure and all of your questions answered. Your nurse will take you to your procedure room, and help you on to the procedure table, positioning you for the Endoscopy.

A bite block will be used to protect your teeth. It is important to let us know if you have any loose or damaged teeth. Dentures that are not secure will need to be removed.

Your nurse will make sure everyone is ready for the procedure to begin by, reading aloud your name and date of birth, the procedure that you are having, your list of allergies, and that you have signed the consents.

Your anesthesia team will give you medications to sleep, and will monitor you during your procedure.

## **After your Procedure**

You will be taken to the recovery area after the procedure is over. A nurse will monitor you while you are waking up. You will be groggy.

Sometimes you will experience cramping that feels like gas pains. This is because air was used during the procedure. This discomfort will pass as you pass the air out of your body. If you feel pain that is getting worse, please let your nurse know right away.

The doctor will check on you while you are in recovery. They will talk to you about your procedure, and plans for follow-up. If you have biopsies taken, you will receive your results in your MyBassett app or in a mailed letter. If you have not received your results in 3 weeks, please call our office.

## **Cancellations**

Out of consideration for the numerous patients who are on our waiting list for a procedure, if you need to cancel or reschedule this appointment we ask you do so at least **5 days** before your scheduled procedure date. This will allow us to fit in another person who is waiting.

Please be aware that considerable resources have been reserved for you for this procedure.

## **Need to reach us?**

Call us at the Cooperstown location (607) 547-3388.