

ENDOSCOPY PROCEDURES ADVICE

Important information before your endoscopic procedure

Please read the entire information booklet enclosed but these are some important points that you are required to follow:

1. It is important for you to contact the endoscopy nurses at the hospital you are attending if you are on **anti-coagulants (blood thinners)**. Please phone as soon as you receive your letter as you may need to stop taking them days before your appointment. Do not stop taking your medication without speaking to an endoscopy nurse first.
2. Stop iron tablets 7 days before a colonoscopy or flexible sigmoidoscopy and stop water tablets 2 days before taking the bowel preparation.
3. If you are a diabetic you will need to phone your diabetic nurse or GP for advice on taking your tablets or insulin.
4. If you take acid reducing medication (eg: Omeprazole, Lansoprazole, Pantoprazole, Esomeprazole etc.) and are going to have a **gastroscopy (upper endoscopy)** you should stop two weeks before your appointment but if you find your condition is too difficult to manage without them, please continue to take them.
If you have a condition called **Barretts Oesophagus** then don't stop taking them.
5. If you have a pacemaker, please inform the endoscopy unit you are attending, as the endoscopy staff may need to contact the cardiac technicians for advice.
6. When you commence your bowel preparation, **please stop eating solid foods and take clear fluids only. Remember to finish all your preparation.** If you have a problem finishing the preparation, please contact the unit you are attending for further advice.
7. You can take your bowel prep using diluting juice or fizzy water.
The diluting juice must be a citrus flavour such as orange or lemon etc. Please do not dilute in dark fruit flavours/colouring as clear views are required of your stomach and bowel.

Not fasting or not taking all your preparation can result in your procedure being cancelled.

If you do not wish to proceed with this appointment or would like to cancel or reschedule then please contact us as soon as possible prior to the procedure to allow us time to offer another patient the appointment.

Booking Office phone number is 0131 536 4162 Monday to Friday.

Phone numbers for the hospital endoscopy unit you are attending will be on your appointment letter.