

ph-Bravo-Probe and Esophageal-Motility Prep Instructions

PLEASE READ THESE CAREFULLY

5 DAYS PRIOR TO YOUR EXAM:

- Ideally, anti-clotting medications are stopped 5 days prior to your endoscopy to reduce the risk of bleeding (i.e. to avoid nose bleeds etc.) during or after your procedure. If you take anti-clotting medications such as **Coumadin, Plavix, Pradaxa, Effient, Brilinta, or Xarelto**, then please discuss these medications with the prescribing physician (i.e. cardiologist, neurologist, or primary care provider). You are on these medications for an important clinical reason (i.e. heart disease, cardiac stent, atrial fibrillation, stroke, mechanical heart valve, history of blood clots). **Please let us know if you are not allowed to stop these medications** or if you are advised to use Lovenox or Heparin prior to your procedure.
- If you have diabetes, your primary care provider will advise you how to manage your medications prior to the procedure (e.g. insulin), as you will have to be fasting.

MEDICATIONS TO DISCONTINUE PRIOR TO PROCEDURE:

- Certain medications may affect esophageal motility and alter the study results.
- Call our office before adding any medications not previously discussed.

A) - ESOPHAGEAL MOTILITY STUDY: (Dysphagia patients only)

- Calcium Channel Blockers - discontinue for 2 days (unless for pre-Nissen surgery) (please review this with your PCP or cardiologist, as these are blood-pressure and cardiac medications and may potentially not be stopped): Dilacor, Cardizem, Calan, Norvasc, Procardia
- Inhalers: discontinue for 1 day (unless for pre-Nissen surgery evaluation): Proventil, Serevent
- **OTHER MEDS TO STOP:** Atrovent -2 days, Entex LA -2 days, Guaifenesin-2 days, Histussin-2 days, Lortab -1 days, Metoclopramide-3 days, Nitroglycerin-12 hours, Soma-3 days, Tylox-2 days

B) - pH-PROBE (BRAVO) PATIENTS:

- Unless otherwise specifically discussed with your provider please discontinue medications as per schedule below:
- Proton pump inhibitors - discontinue for 7 days unless otherwise specifically instructed by your provider: Protonix, Prilosec, Prevacid, Nexium, Zegerid, Dexilant, Aciphex
- H2 Blockers - discontinue for 4 days unless otherwise specifically instructed by your provider: Axid, Pepcid, Tagamet, Zantac
- Antacids - discontinue for 1 day unless otherwise specifically instructed by your provider: Tums, Maalox, Rolaid

C) pH-PROBE CATHETER BASED IMPEDANCE MANOMETRY PATIENTS (ZEPHYR)

Please review with your provider whether the testing shall be done on medications vs. off medications (see above section B) and adjust accordingly.

1 DAY PRIOR TO YOUR EXAM:

- You may eat a regular dinner, **but stop eating solid foods after 7:00 pm**. Restrict your diet to clear liquids thereafter. No solid food until after the procedure. Stay hydrated!

THE DAY OF YOUR EXAM:

- **Remember not to have any food until after your procedure!**
- You may drink water until **4 hours** prior to your procedure time.
- If you have diabetes, test your blood sugar before coming in for your exam and bring the reading with you. If you take oral medications for your diabetes, don't take them the morning of your procedure unless otherwise instructed by your doctor. If you take insulin, take only ½ of your usual morning dose and bring the insulin with you to the procedure.
- You may take your usual medications (i.e. for blood pressure). Any medications taken the day of your procedure may be taken with a small sip of water, **AT LEAST 4 HOURS PRIOR TO YOUR PROCEDURE TIME.**

You will not be sedated for a Motility or Zephyr (impedance Manometry study) and therefore won't need a designated driver. For the Bravo/EGD, please bring a designated driver, as you will be sedated/anesthetized for the exam. If you are planning to take a taxi home, then a friend or family member must accompany you. You may not drive for 12 hours after the procedure.

- You may be in the Endoscopy Lab for 2-3 hours. The staff will talk to you before and after the exam and will give you recommendations on diet, medication, follow up care, etc. Wear comfortable clothing; bring your glasses, hearing aids, insurance cards and completed information forms. Avoid bringing valuables. **We will expect payment of co-pays, coinsurance and deductibles at the time of service.**
- Additional information can be found at our website www.utahgastro.com.
- You may receive up to 4 separate bills: 1-Physician, 2-Facility, 3-Pathology, 4-Anesthesia

(continued on other side)

YOUR PROCEDURE IS SCHEDULED FOR (date): _____ Please arrive at (time): _____

with Dr. _____

- Cedar City Hospital** – 1303 N Main Cedar City, UT, 435-868-5000.
Call 435-688-4141 to pre-register 1-3 days prior to your appointment.
- Dixie Regional Medical Center** – 1380 E Medical Center Drive St George, UT, 435-251-1000.
Northwest entrance 2nd floor Outpatient surgery Endoscopy Lab. If not contacted by the day before your procedure, call to pre-register 435-251-4035.
- Intermountain LDS Hospital** – 8th Avenue & C Street, SLC, UT, 801-408-1057.
Entrance West Wing of Hospital. Call 801-442-8600 or toll free 888-269-8674 the day before your procedure to pre-register - Free valet parking available.
- Intermountain Medical Center** – 5121 South Cottonwood Drive, Murray, UT, 801-507-3262.
Check in Building 2, Level 2. Free valet parking available. Call 801-442-8600 or toll free 888-269-8674 the day before to pre-register.
- Lakeview Hospital** – 630 E Medical Dr., Bountiful, UT, 801-299-4657. South Entrance.
Call central scheduling to pre-register 801-299-2141.
- Lakeview Endoscopy Center** – 620 E Medical Dr., Suite 200, Bountiful, UT, 801-299-6760. Please register online by going to the website www.lakeviewendoscopy.com and click on the Online Pre-Registration link, then One Medical Passport, or Call 801-299-6760 Monday-Friday to pre-register 5-7 days prior to your appointment.
- Lone Peak Hospital** – 11925 S State St, Draper, Utah 84020 - Enter at the main entrance #1, check in at the information desk. Call 801-545-8180 to pre-register 3 days prior to your procedure.
- Lone Peak Surgery Center** – 96 East Kimballs Lane, Building 3, Suite 100, Draper, UT 84020 (Located next to Lone Peak Hospital). Please register online 5-7 days before your appointment at LonePeakSurgery.com and click on "Pre-Register", or call 801-984-3691 Mon-Fri 10 am-4 pm.
- Mountain West Endoscopy Center** – 6360 South 3000 East, Suite 320, SLC, UT, 801-944-3166. Please register online by going to the website www.mtwestendo.com and click the Pre-Register button, which will take you the One Medical Passport home page. Or Call 801-944-3164 Monday-Friday to pre-register 5-7 days prior to your appointment.
- Riverton Hospital** – 3741 West 12600 South, Riverton, UT, 801-442-8600 or toll free 888-269-8674.
Call the day before your procedure to pre-register.
- St. George Endoscopy Center** – 368 E Riverside Drive, Suite B, St. George, UT 84790. 435-674-3109.
- St. Mark's Hospital Endoscopy** – 1200 E. 3900 S., Salt Lake City, UT, 801-268-7140. Call 801-268-7341 to pre-register 1-2 days prior to your procedure. Check-in at the registration desk inside the main entrance of the hospital.
- UT Gastroenterology** – 6360 South 3000 East Suite 310, SLC, UT, 801-944-3144. Nurses desk 801-944-3171.
- Wasatch Endoscopy Center** – 1220 East 3900 South, #1B, Salt Lake City, UT, Please register online by going to the website wasatchendoscopycenter.com and click on the Online Pre-Registration link, or Call 801-281-3657 Monday-Friday to pre-register 5-7 days prior to your appointment. Enter through the canopied "Emergency" entrance on the north side of St. Mark's hospital. Wasatch Endoscopy Center is the first door on your left.

***For questions
please call one
of our offices:***

Bountiful
801-298-0057

Old Mill
801-944-3144

Draper
801-727-4280

St. Mark's
801-263-3041

St. George
435-673-1149