

**Endoscopy / Minor Surgery Department
Central Maine Medical Center**

60 High Street

Lewiston, Maine 04240

Scheduling: 207.795.2225

Clinical: 207.795.2790

Fax: 207.795.5671

Procedure Type:

Procedure Date:

Arrival Time:

Provider:

Thank you for allowing the Central Maine Medical Center's Endoscopy Department to be part of your medical care. Below you will find instructions on your arrival to Endoscopy as well specific instructions on how to prepare for your procedure. The information and instructions provided below are to assist you in preparing for your procedure as well as answer most common questions.

- If you need to cancel or reschedule your procedure, please call the Endoscopy Scheduling team at **207.795.2225**.
- If you have specific questions regarding preparing for your procedure, medications, or the instructions, please call the Endoscopy Department's Clinical Team at **207.795.2790**.
- If you have to cancel less than 24 hours before your scheduled date, please call the Endoscopy Department directly at **207.795.2790**.
- If you are experiencing overnight complications with preparing for your procedure please call 911 / go to the emergency room.
- Keep in mind your arrival time is not your procedure time.
- We do our best to stay on time throughout the day. However, delays may occur due to emergencies, complications or unexpected complexities. Please be patient, and we will keep you updated as best as possible.

General Instructions:

- In order to receive anesthesia or sedation, you will need a driver / responsible party to bring you home.
- Taxi's are not an approved form of transportation home without being accompanied by an adult to ensure that you arrive safely.

Overview:

- Enter via the main entrance of the hospital located at 60 High Street in Lewiston. This is the ground floor of the hospital.
- Take the elevator to the 1st floor and proceed straight across from the elevators to the hallway labeled Endoscopy / Minor Surgery over the double doors.
- You may also take the stairs located at the main entrance.
 - Once you reach the top of the stair case, take a left and proceed through the double doors with the over-door label directing you to Endoscopy / Minor Surgery.

- The greeters at the main entrance can direct you if you have any questions when you arrive.
- Plan to spend approximately 2-4 hours in the Endoscopy department.
 - Your arrival time is not your procedure time.

We do everything possible to avoid delays in your procedure; however, emergencies or unexpected procedure challenges may interrupt our schedule.

What to bring for your Procedure:

- Your current insurance card(s).
- A list of your current medications (prescription and over the counter), including dosages.
- If applicable: A form of payment (cash, check, money order, credit card, CareCredit). For your convenience, you may also pre-register and pre-pay for your service by calling 207-777-8081.

General Endoscopy / Minor Surgery Instructions

- You **MUST** have a responsible party to drive you home or they must accompany you if you need a ride as you will be receiving medications to sedate you for your procedure.
 - Your driver should be within 30 minutes travel time to the hospital so you are not waiting once your procedure has been completed to be discharged.
- Some procedures have specific food and drink instructions that may differ from the following general details.
 - Make sure that you do not have anything to drink a minimum 2 hours prior to your arrival
 - Drinks **must** be clear liquids, i.e. water, Gatorade, ginger ale, soda water
 - Keep in mind that even milk in your coffee can delay your procedure by 6-8 hours or cause it to be cancelled to make sure that you stay safe in the procedure room.
 - Gum, mints, and candy do count as food and your procedure may be delayed 6-8 hours.
 - You cannot have anything to eat after midnight.
- Wear comfortable clothing that is easy for you to change into.
- We recommend leaving any valuables at home but there are lockers to store your belongings.
- Jewelry will need to be removed prior to your procedure.
- You will need to remove any dentures / dental devices you have in place prior to your procedure.
- Please avoid perfumes due to allergies for other patients.
- We do our best to maintain privacy for all our patients. We do limit one support person accompanying you during your admission. If you have small children, it is best if arrangements can be made for their care.

Procedure Details

There are some medications /health complications that are not considered safe to have when receiving anesthesia. Please contact the endoscopy department's clinical team if you have any significant changes to your health or start any new medications from the time you have been scheduled until the time of your procedure, please reach out to our clinical team.

Medication Instructions

Blood Thinners (if applicable)

- We are going to talk to your prescribing provider to make sure it is safe to hold your blood thinner medication(s).
- If they approve, we will call you and confirm the below.
- If you do not hear from the clinical team, **DO NOT** stop your blood thinner and call us before your appointment day.
- Our clinical team will confirm the following instructions:
 - Hold your ____ for ____ days.

Diabetic Medications (if applicable)

- Please contact your prescribing provider for adjustments to your specific medications on the day or days leading up to your procedure.

GLP-1s Agonists such as Trulicity, Ozempic, Wegovy, Mounjaro, Semaglutides (if applicable)

- GLP-1 agonists are a class of medication used for weight loss and improved blood sugar control. Examples of those types of medication are above. If you are unsure if your medication falls into this class, please call the clinical team of the Endoscopy Department at 207.795.2790.
- Per the Central Maine Department of Anesthesiology, we request that you hold a single dose of your GLP-1 agonist medication prior to your endoscopy procedure.
- If you take this medication on a daily basis, please hold this medication the day of the procedure. If you take this medication on a weekly basis, please hold this medication for seven days prior to the procedure. The medication can be resumed at its usual scheduled interval following your procedure. We will be letting your prescribing provider know about this medication adjustment.
- If this recommendation is not followed, a clinical decision will be made on the day of your procedure that may result in your procedure being cancelled. If you or your provider have any questions or concerns, please contact our Department of Anesthesiology.

All Other Medications (if applicable)

- Some supplements may need to be stopped prior to your procedure. See details in the procedure section for if / when you should stop taking any vitamins, herbal supplements, iron supplements, or fiber supplements that you currently are taking.
- Continue to take all of your other prescription medications including on the day of your procedure unless instructed in the below sections not to.

Procedure Specific Instructions