

You are scheduled for an **endoscopic retrograde cholangiopancreatography (ERCP)** at UNC Hospital. Please read the following information carefully.

### **What is an ERCP?**

An ERCP allows your doctor to inject dye into the bile and pancreatic ducts using a flexible, video endoscope. Then, x-rays are taken to outline the bile ducts and pancreas. This procedure provides significant information upon which specific treatment can be given. In certain cases, therapy can be administered directly through the endoscope.

### **How to prepare for an ERCP?**

#### 7 DAYS BEFORE THE ERCP:

- You should stop taking non-steroidal anti-inflammatory (NSAID) medications, such as ibuprofen, Motrin, Aleve, Advil, and Naproxen.
- You may continue to take aspirin if your doctor recommended you ordinarily take it. If no doctor has ever recommended aspirin then you should not take any aspirin starting 7 days before the procedure.
- If you take Plavix (Clopidigrel), Coumadin (Warfarin), or other blood thinning/anticoagulation medicines then you should discuss what to do with your doctor. Our prep nurse (984-974-5050) will help coordinate this.

#### 1 DAY BEFORE THE ERCP:

- If you have diabetes we recommend you take only one-half the dose of long acting insulin (e.g., Lantus) the night before the endoscopy.
- **Do NOT have any solid food after 11:59PM the night before the ERCP.**

#### DAY OF THE ERCP:

- *What to eat:* you cannot eat any food, suck candy, or chew gum until after the ERCP is over.
- *What to drink:* You may drink water, black coffee (without sugar, milk or cream), apple juice, soda pop, or club soda. Stop drinking these liquids at least 3 hours before the ERCP.
- **Medications:** do NOT take any medication for diabetes, diuretics (such as lasix/furosemide) You may take your other medications with a small amount of liquid up to four hours before the ERCP.

- *What to bring:* please bring a list of your medications.
- **Arrive at least 60 minutes before your scheduled appointment.** You must be accompanied by an adult who can drive you home after the test. **The exam will not be done unless a person at least 18 years old comes with you and stays in the GI Procedure waiting room during the exam.**
- You should expect to spend up to 6 hours in our GI procedures unit.

After the ERCP:

Once we finish the exam, we will watch you in the Recovery Area for 30 minutes. Before you leave, the doctor will explain the results of the exam and any instructions to you and the person who came with you. One out of every ten patients will be hospitalized following an ERCP for further treatment.

The person who came with you must sign you out and drive you home or go with you on the van, bus or taxi. You cannot drive or go back to work for at least 12 hours after leaving the hospital.

**If you have any questions or need to reschedule your exam please call 984-974-5050.  
If you have an urgent question after hours please page the GI fellow on call at 984-974-1000.**