

What Is an Enteroscopy?

- An enteroscopy is a test to examine the esophagus, stomach, and first and second parts of the small intestine. The doctor will pass a flexible tube that has a small camera and light to see the inside of your upper GI tract on a TV monitor. The doctor can take biopsies (samples) of any abnormal areas.
- You will receive **IV sedation**, so you will feel sleepy and relaxed during the procedure.

Important: You Must Bring a Driver

- You **must have a responsible adult (18+)** to drive you home.
- No driver = **procedure will be rescheduled**.
- Your drop off driver can be a different person than your pick up driver.
- Your pick up driver must remain within **20 minutes** of the facility and sign you out afterward.
- You cannot drive or go back to work for at least 12 hours after leaving the hospital.

Diet Instructions

Starting after midnight the night before your procedure- NO SOLID FOOD

Day before procedure until midnight:	Eat your normal diet, drink normal fluids
After midnight, night before AND day of procedure	NO SOLID FOOD until after procedure. No dairy, broth, creamers, or honey Drink only water/flavored water, apple juice, ginger ale, sprite, or black coffee/tea
Beginning 3 hours before procedure time:	NOTHING AT ALL BY MOUTH No food or fluids No gum, candy, or mints

- Take medications with **water**, if needed, **at least 3 hours** before your procedure.

Medication Instructions

- Most medications can be taken as usual.
- **Important:** Check page 3 of your packet to see if *any of your medications need to be adjusted.*

Contact Information

- **To Cancel:** Text (984) 974-5050
- **To Reschedule:** Call (984) 974-5050 → Option 1 → then Option 2
- **Questions?** Call the nurse line and leave a message: (984) 974-5052 (M-F, 8 AM–4 PM)
- **Urgent after-hours issue?** Call UNC operator at (984) 974-1000 and ask for the “On-Call GI Fellow”
- **Emergency?** Call 911

Reminders

- Review your full instruction packet (especially diet and meds).
- Bring your driver and arrive on time.
- Plan to be at the clinic for **up to 4 hours** total.
- 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.

Your Location Will Be:

UNC Memorial Hospital – 101 Manning Dr., Chapel Hill, NC
(Dogwood Parking Deck or valet)

Enter the hospital lobby and take elevators down to the Basement level. Look for signs for GI Procedures and check in down there.

MEDICATION GUIDE FOR ENTEROSCOPY

<u>Medication Type/Examples</u>	<u>Day Before</u>	<u>Day Of</u>
Aspirin (81mg or 325mg)	<input checked="" type="checkbox"/> Take as normal	<input checked="" type="checkbox"/> Take as normal
Over-the-counter Pain Meds (Ibuprofen, Tylenol, etc.)	<input checked="" type="checkbox"/> Take as normal	<input checked="" type="checkbox"/> Take as normal
Levothyroxine (Synthroid)	<input checked="" type="checkbox"/> Take as normal	<input checked="" type="checkbox"/> Take as normal
Dietary Supplements (fish oil, fiber, iron, Vitamin E, etc.)	<input checked="" type="checkbox"/> Do NOT take	<input checked="" type="checkbox"/> Do NOT take until after procedure
Long-acting Diabetes Meds (Lantus, Levemir, Tresiba, etc.)	<input checked="" type="checkbox"/> Take half dose	<input checked="" type="checkbox"/> Do NOT take until after procedure
Short-acting Diabetes Meds (Humulin, Humalog, Metformin, Glipizide, Jardiance, etc.)	<input checked="" type="checkbox"/> Take as normal	<input checked="" type="checkbox"/> Do NOT take until after procedure
Diuretics (“Water Pills”) (Lasix, HCTZ, Spironolactone)	<input checked="" type="checkbox"/> Take as normal	<input checked="" type="checkbox"/> Do NOT take until after procedure
Certain BP Meds (ACE inhibitors, ARBs- end in ‘pril or ‘-tan), Entresto	<input checked="" type="checkbox"/> Take as normal	<input checked="" type="checkbox"/> Do NOT take until after procedure
Other BP Meds (Metoprolol, Amlodipine, Carvedilol, etc.)	<input checked="" type="checkbox"/> Take as normal	<input checked="" type="checkbox"/> Take as normal
Statins (Atorvastatin, Simvastatin, etc.)	<input checked="" type="checkbox"/> Take as normal	<input checked="" type="checkbox"/> Take as normal
Seizure Medications	<input checked="" type="checkbox"/> Take as normal	<input checked="" type="checkbox"/> Take as normal
Anti-anxiety / Depression / Antipsychotics	<input checked="" type="checkbox"/> Take as normal	<input checked="" type="checkbox"/> Take as normal
Blood Thinners (Eliquis, Plavix, Xarelto, Coumadin, Brilinta, Effient, etc.)	<input checked="" type="checkbox"/> You should have received guidance.	Call 984-974-5052 if you have no instructions.
GLP-1’s (Trulicity, Ozempic, Mounjaro, Wegovy, Zepbound, etc.)	<input checked="" type="checkbox"/> Take as normal	<input checked="" type="checkbox"/> Take as normal

 **Tips:** If your medication does not appear on this list and is not included in one of these categories, it can be taken normally.

If you need to take any approved morning medications on the day of your procedure, do so with **water at least 3 hours before** your appointment.