

Preparing for ERCP procedure

This guide will help you and your family prepare for your procedure. If you have any questions, please call **503-494-4373**. For questions after 5 p.m., call 503-494-8311 and ask for the GI doctor on call.

Once you are scheduled



- Download directions to your check-in location at <https://www.ohsu.edu/digestive-health/preparing-your-endoscopy-procedure>
- Ask a friend or family member to come with you to your procedure. You should have 1 healthy adult (age 18+) to take you home.
- Review the **medication instructions** on page 2.

Medication instructions



- Please follow the instructions below. If you need more instructions on any of your medications, please contact the doctor who prescribed them.

If you take ...	Do this ...
Suboxone	Call us at 503-494-4373.
Diabetes medicine by mouth (Metformin, Glipizide)	Do NOT take the night before or the morning of your procedure.
Insulin	Take ½ your dose the night before and NO insulin the day of your procedure. Or, follow the instructions from the OHSU Preoperative Medicine Clinic. Your blood sugar could be lower because you won't be eating solid food.
Victoza or Trulicity	Do NOT take the day before or the day of your procedure.
Diarrhea medicine (Imodium, Lomotil, etc.)	STOP taking 3 days before.
Blood thinners*	Talk to the doctor who prescribed your medication to talk about the guidelines below.
* Coumadin or Warfarin pills	STOP taking 5 days before your procedure if OK with your prescribing doctor. Call us if you CANNOT stop.
* Levenox or Enoxaparin injections	STOP taking 24 hours before your procedure if OK with your prescribing doctor. Call us if you CANNOT stop.
* Novel anticoagulant pills (Paradaxa, Dabigatran, Eliquis, Apixaban, Xarelto, Riveroxaban, Edoxaban, Savaysa)	STOP taking 1 day before your procedure if OK with your prescribing doctor. Call us if you CANNOT stop.
* Anti-platelets (Plavix, Clopidogrel, Prasugrel, Effient)	STOP taking 7 days before your procedure if OK with your prescribing doctor. Call us if you CANNOT stop.

- ☑ Keep taking all of your other prescribed medicines, including aspirin, pain medications, blood pressure medications like Lisinopril, water pills (diuretics like Lasix), Non-steroidal anti-inflammatory drugs (like Advil, Motrin, Aleve).



1 day before your procedure



- You may eat normally until dinner the day before your procedure.
- Only eat a light dinner such as soup, toast, poached or hardboiled egg, Jell-O or pudding for dessert. **Do NOT** eat fried or greasy food.
- ⊖ **Do NOT eat any solid food after midnight.**

The day of your procedure



- If your procedure is **before noon**:
 - **Do NOT eat or drink** anything after midnight before your procedure.
 - You may take your morning medicine with a sip of water.
- If your procedure is **after noon**:
 - **Do NOT eat** anything after midnight before your procedure.
 - You can have **clear liquids** (not red or purple) **until 7 a.m.**, like:
 - ☑ Clear broth (chicken, beef or vegetable)
 - ☑ Coffee or tea (no milk, but sugar is OK)
 - ☑ Carbonated soft drinks
 - ☑ Clear juice like apple and white grape (no pulp)
 - ☑ Clear sports drinks like Gatorade and Powerade (no red or purple)
 - ☑ Popsicles and Jell-O (no red or purple)
 - ⊖ **DON'T** drink liquids that are purple or red.
 - ⊖ **DON'T** drink milk, orange juice, tomato juice, broth that has solids, or solid food.
 - **Do NOT drink anything after 7 a.m.**
 - You may take your morning medicine with a sip of water.
- When you get to your appointment, your doctor may want you to take a rectal suppository (inserted in your rectum) to prevent your pancreas from getting inflamed. You can place the suppository yourself or our staff can help.