



# APPOINTMENT CHECKLIST

- **DO** carefully read and review your procedure prep instructions
- **CONFIRM** transportation the day of your procedure. You **MUST** have a person 18 years of age or older who can sign discharge forms and take you home after the procedure is complete. Transportation **MUST** be **CONFIRMED** at check-in or your procedure will be rescheduled. Use of a taxi service or other ride share/public transport is **NOT** allowed **WITHOUT AN ESCORT** age 18 years old or over.
- **DO** wear loose, comfortable clothing, including cotton socks which may be left on during the procedure.
- **DO** bring your government-issued photo I.D. (driver's license, passport, etc.)
- Do **NOT** wear jewelry (this includes wedding rings, earrings, and body piercings)
- Do **NOT** wear high-heeled shoes
- Do **NOT** bring any valuable personal items such as cellphones, tablets, laptops, keys, or jewelry
- **DO** bathe or shower prior to leaving your home before attending your procedure
- Do **NOT** apply lotion to your arms or chest before the procedure
- It is important that you maintain your daily medication schedule including your blood pressure, diabetic, thyroid, anxiety, depression, anti-seizure, pain control, neuropathy, and supplements. However, there are some medications that can delay or cause your procedure to be cancelled, including blood thinners. To understand how you should adjust your medications in preparation for your procedure, please contact your gastroenterologist.
- If you are diabetic, **DO** take your blood sugar level at home before attending your procedure
- If you use as inhaler, **DO** use it prior to arrival and bring it to the center with you
- **DO** bring a list of all your medications with dosage and frequency

