



Kumar Desai, MD

Gastroenterology & Hepatology
& Advanced Therapeutic Endoscopy

Patient: _____

Procedure: Colonoscopy EGD EUS ERCP

Procedure Date: _____ **Arrival Time:** _____

[] **Los Robles Hospital:** 215 W. Janss Rd., Thousand Oaks, CA. Phone: (805) 497-2727
<http://losrobleshospital.com>

Procedure Instructions

In order to guarantee that Los Robles is adequately prepared for your arrival on the day of your procedure, you will need to pre admit/register yourself to the hospital at least **3 days prior to your procedure**. You can pre admit/register yourself by calling **844-761-2744** or by visiting <http://losrobleshospital.com> and selecting **“online pre-registration.”** On the day of your procedure you will use the main hospital entrance and go directly to “Admitting.”

Important: You Must Arrange For Someone to Drive you Home Following Your Procedure

To ensure your comfort during the procedure, sedation will be used. You will experience tiredness following the procedure, and therefore should refrain from driving and/or returning to work for the remainder of the day. The procedure, with recovery time is approximately two (2) to three (3) hours depending on which procedure(s) you are scheduled for. Inquiries regarding your recovery status will be handled by the recovery room nurse who may be reached at 805-370-4808.

Please Follow Specific Diet Guidelines And Preparation On The Day Prior To Your Procedure

Stop aspirin, NSAIDS (motrin, Alleve, Advil, Ibuprofen, and others), blood thinners (Coumadin, Pradaxa, Effient, Xeralto, Aggrenox, Eliquis and Plavix) as recommended by the doctor (2-5 days depending on the drug) before your procedure. Do not take your Lovenox or injectable blood thinners the day of the procedure. Please do not eat or drink after midnight the day of your procedure. Hypertensive medications should be taken at least 2 hours prior to your procedure with a small sip of water. If taking insulin please notify your doctor and follow instructions given. For Colonoscopy patients a specific list of appropriate foods/liquids will be provided by the doctor, including colon preparation instructions. If you have any additional question and/or concerns, please call our office.