



Birns, Gloger, Witten & Bhinder, MD

Patient Name: _____

INSTRUCTIONS FOR ERCP
(Endoscopic Retrograde Cholangiopancreatography)

Date: _____ Time of Procedure: _____

Arrival Time: _____ with Dr. _____

Location: _____ **Shady Grove Adventist Hospital, Outpatient Surgery Center**
9901 Medical Center Dr, Rockville, MD 20850
Phone Number 240-826-7541

_____ **Frederick Memorial Hospital, Outpatient Surgery Center**
400 W 7th St, Frederick, MD 21701
Phone Number 240-566-3300

You must have someone drive you home. If you plan to take a taxi home, you must have someone to accompany you. You will be ready to be discharged 1 to 1 1/2 hours after your procedure is complete.

Please leave all valuables and jewelry at home.

Please remember we require 72 hour notice for cancellations or rescheduled appointments. If you fail to give 72 hour notice you may be charged a cancellation fee.

ONE WEEK BEFORE THE PROCEDURE

Please do not use any aspirin or aspirin preparations one (1) week prior to the procedure. For Nonsteroidal anti-inflammatory type medications (such as Ibuprofen, Relafen, Voltaren, Indocin, Celebrex, Advil) should be used sparingly during the three (3) days prior to the procedure. Also, if you take Coumadin (warfarin) or Persantine (dipyridamole), or Aggrenox hold these for three (3) days prior to the procedure. There may be other medications that should be discontinued so be sure to consult your doctor. You may take Tylenol if necessary.

YOU WILL NEED

- 3 Dulcolax Tablets

DAY BEFORE THE PROCEDURE

At 7:00 pm the night before your procedure take 3 Dulcolax Tablets. Do not eat or drink anything after midnight the day before the procedure.

DAY OF THE PROCEDURE

Do not eat solid foods the day of your procedure. If your procedure is later in the day you may have clear liquids up to six (6) hours before the procedure.

CLEAR LIQUIDS DIET

You must be on a **clear liquid diet (no solid foods)**

DO NOT drink milk

DO NOT drink alcoholic beverages

Any of the following clear liquids are OK

Water

Strained fruit juices (without pulp) including apple, orange, grape, or cranberry

Limeade or Lemonade

Coffee or tea (DO NOT use any dairy or non-dairy creamer)

Clear broth (beef, chicken, or vegetable) with or without salt or pepper

Soda or Gatorade, PowerAde or Vitamin Water type products

Crystal Light

*****You must be totally fasting 6 hours before the procedure. This means you may have nothing to eat, drink, smoke, or chew 6 hours prior to the procedure.**

To avoid the risk of a delay or a cancelled procedure, please be very careful to not eat, drink smoke or chew during this 6 hour time frame.

If any problems or questions arise, please call our office at 301-251-1244 option 3 during normal business hours.