

Follow these steps to help ensure a successful procedure...

1 Answer the pre-procedure screening questions located to the right.

2 Verify insurance benefits
We highly recommend you contact your insurance company to verify your coverage and network status. The phone number for Member Services should be on the back of your card.

3 Arrange for transportation following your procedure; you will not be permitted to drive afterwards because of the sedation used during the procedure.

4 Stop all aspirin or other pain medication (except Tylenol®) for 7 days before your procedure or as directed by our office. You may be given further instructions following your procedure.

5 Follow the prep instructions located to the right. *It is very important that you are properly prepared for this examination to avoid the risk of complication or having to reschedule your procedure.*

6 Arrive (90) minutes prior to your appointment time. You will be notified of any change in your appointment time at least 24 hours in advance.

7 Call Northland Gastroenterology at 218-724-3411 with any questions or concerns.

Preparing for your ERCP

(Endoscopic Retrograde CholangioPancreatography)

Introduction

Your physician has requested an examination called an ERCP for further evaluation and treatment of your condition. ERCP is a valuable examination for the diagnosis of many diseases of the pancreas and bile ducts. This examination allows the doctor to perform necessary treatments such as enlarging a bile duct opening, removing gallstones lodged in the bile duct, inserting a stent (drain) in the duct, or taking a biopsy specimen (tiny bit of tissue).

For more information about the ERCP procedure including pictures and diagrams, please visit the Patient Education page of our website at www.northlandgastro.com.

Pre-procedure screening questions:

Yes No

- Do you have a history of heart valve surgery/replacement?
- Do you have diabetes? If yes, you must be scheduled early in the morning.
Do NOT take insulin, diabetes pills or eat until after the examination.
- Are you taking aspirin*, anti-inflammatory pain relievers, Coumadin®, or other blood thinners? If yes, you will be given stop and start times.
**Daily 81-mg aspirin is ok to continue.*
- Are you allergic to any medications, including x-ray dyes and/or iodine products?

If you answered "Yes" to any of the above questions, please call 218-724-3411 for further instructions.

One week before before your procedure:

- √ No aspirin or other pain medication except Tylenol® should be taken for 7 days before the procedure or for 14 days after the procedure. (This reduces the risk of bleeding after the procedure.)
- √ Please let us know if you are currently on any medications.
- √ Follow special medication instructions given by our office based on your answers to the pre-procedure screening questions above.
- √ You may be required to stay overnight at the hospital, so please come prepared. Because this is determined after the procedure is performed, we will not be able to let you know in advance whether a stay will be required.

The evening before your procedure:

- √ **DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT**

The day of your procedure:

- √ Regular medications may be taken as directed by our office up to (2) hours before your appointment and with just enough water to swallow comfortably.
- √ No diabetes medications until after your exam.
- √ Nothing to eat or drink until after your procedure.
- √ Arrive (90) minutes prior to your procedure time at the location indicated on your registration letter from Northland Gastroenterology, PA.
- √ If you are scheduled at the Lakewalk Surgery Center, please visit our website at www.northlandgastro.com to view the *Ownership Disclosure* notice to patients.

ERCP: Why am I having one? What can I expect?

How is an ERCP (endoscopic retrograde cholangiopancreatography) performed?

During an ERCP, a flexible fiberoptic tube is passed through the mouth, esophagus (food tube) and stomach into the duodenum (first part of the small intestine). The ampulla (opening where the bile and pancreatic ducts empty into the duodenum) is then identified. A small plastic tube (cannula) is passed through the endoscope into the ampulla. X-ray dye is injected through the cannula into the ducts. X-rays are then taken to study the ducts. Any necessary treatments can be performed at this time.

What can I expect?

Unless otherwise directed, please arrive (90) minutes before your scheduled procedure to allow adequate time for registration and nursing staff to prepare you for the procedure. You will be asked to sign a consent form authorizing the doctor to perform the procedure.

All dentures and eyeglasses must be removed prior to the start of the procedure. You may prefer to remove contact lenses at this time also.

A needle for intravenous (IV) medicines will be placed in your arm vein prior to the procedure. Medicine will be injected through this needle that will make you sleepy and relaxed. Your doctor may also spray your throat or ask you to gargle with a numbing medicine.

You will lie on an x-ray table on your left side and a small plastic mouthpiece will be placed between your teeth. You will be able to breath normally. The doctor will then help you to swallow the flexible endoscope tube. When the tube is present in the duodenum, you will be helped to turn onto your abdomen with your head turned to the right.

During the procedure you may feel some abdominal fullness or bloating due to the air which the doctor puts into the duodenum. As the x-ray dye is injected into the ducts, you may feel some mild discomfort. These feelings should be completely tolerable and not painful. After the endoscope is removed, you may be asked to move into various positions so that more x-rays can be taken.

Many people do not recall any of the procedure because of the effect of the medicine. After the procedure, you will probably feel drowsy and may sleep for a short time.

Procedure results and additional instructions

After recovery, the doctor goes over the results with you. It may be necessary to call you at home with the results if a biopsy was performed. *If you do not hear from us within 7 days, please phone our office for the results.* Before you leave, a surgical nurse or technician provides post-procedural instructions.

Restrictions

During the first 24 hours following your procedure you should avoid:

- Driving or operating motorized vehicles. **You will not be permitted to leave alone following your procedure.** Please arrange now for a competent adult to accompany you home.
- Drinking alcoholic beverages.
- Making important decisions or signing legal documents.

Potential serious complications

ANESTHESIA: There are very rare complications associated with the sedating medications, which include a slowing of respirations and/or a drop in blood pressure. For these reasons, continuous monitoring of your blood pressure, pulse and oxygen level is necessary during the procedure.

ERCP: Potential complications of this procedure are bleeding, perforation (i.e., making a hole where one is not intended), infection, and pancreatitis (an inflammation of the pancreas gland).

Please call our office immediately at 218-724-3411 or go to your nearest hospital emergency room if you experience fever, persistent abdominal pain, nausea or vomiting.

For more information about the ERCP procedure including pictures and diagrams, please visit the *Patient Education* page of our website at www.northlandgastro.com.