

## Preparing for Your Procedure

### Checklist Before Your Procedure

- ☐ I know where to arrive and at what time.
- ☐ I know what to bring and what to wear.
- ☐ I have a responsible adult (18+) to take me home.
- ☐ I have fasted as instructed.
- ☐ I have followed bowel prep/endoscopy prep directions.

### What to Expect After Your Procedure

Watch this brief video to find out what to expect after your procedure.



### We Want to Hear from You

You may receive a **short survey by mail** following your visit. We would appreciate you taking a few minutes to let us know how we did and how we can improve your experience.



## Getting Ready for Your Procedure

Golden Gate  
Endoscopy Center



### Golden Gate Endoscopy Center

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[sutterhealth.org](https://sutterhealth.org)



## Welcome

We're committed to making your experience as smooth and safe as possible. This booklet will help prepare you for your upcoming procedure.

### Before You Arrive

Please arrive **one hour before** your scheduled procedure. This allows time for check-in, pre-procedure assessment, and any last-minute questions.

Wear **comfortable, loose-fitting clothing and flat, supportive shoes**. Avoid wearing jewelry, makeup or nail polish on the day of your procedure.

Please bring the following items with you:

- One form of valid **photo ID**.
- **Insurance card(s)**.
- **Payment** for any co-pays or deductibles.
- If you are a **legal guardian or conservator**, bring all legal documentation, including the **Durable Power of Attorney for Healthcare**.

Transportation Requirements:

- You **must have a responsible adult (18+)** to take you home after the procedure.
- **Rideshares (Uber, Lyft, etc.) are not allowed** unless you are accompanied by a responsible adult.
- You may not drive, bike or take public transportation alone after receiving anesthesia.

### Fasting Instructions

To ensure your safety during sedation:

- **Stop eating 24 hours before your procedure.**
- You may drink **clear liquids only** up to **three hours before** your procedure. These include:
  - Water
  - Apple juice
  - Clear broth
  - Black coffee or tea (no milk or cream)
- Avoid red or purple liquids.
- Do **not** chew gum, smoke, or use tobacco products on the day of your procedure.

**If you are scheduled for both an upper endoscopy and a colonoscopy:**

Follow the bowel prep instructions for the colonoscopy and the fasting timeline listed above. Your stomach and colon must both be empty. Be sure to clarify timing with your provider if unsure.

### Bowel Prep Instructions

**(For Colonoscopy Patients)**

- The type of bowel prep may vary depending on your **insurance coverage**. Your provider will choose the most appropriate option for you.
- Follow the instructions closely to ensure a clean colon for examination.
- Inadequate prep may result in a rescheduled or repeated procedure.
- Stay close to a bathroom during prep.

### Upper Endoscopy Instructions

- Stop eating eight hours before your procedure.
- Clear liquids only up to three hours prior.

### Anesthesia: What to Expect

You will receive **Propofol**, a short-acting sedative:

- Administered via IV.
- Induces deep sleep while allowing you to breathe on your own.
- You will wake up quickly after the procedure with minimal grogginess.

Possible side effects include:

- Temporary drowsiness/dizziness.
- Nausea and vomiting.
- Mild injection site pain.
- Confusion and some memory loss.
- Rare allergic reactions (inform staff of any allergies or past reactions).

### Questions?



Call us at (415) 379-7500



Visit us online at [sutterhealth.org](https://www.sutterhealth.org).  
Type "Golden Gate Endoscopy Center" in the search bar.

We look forward to providing you with safe, compassionate care!

