



POEM INSTRUCTIONS

***** **READ IMMEDIATELY!!*******

**** 7-10 DAYS **BEFORE** YOUR UPPER ENDOSCOPY: Call the GI Nurse Information Line, 303-399-8020 ext. 16972 to confirm your appointment and review your medications. It is important to let us know if you are taking warfarin/coumadin, need antibiotics before a procedure, have a pacemaker or automatic defibrillator. If you need to Cancel/reschedule your appointment: Call 303-399-8020 ext 16777.

7 DAYS PRIOR TO YOUR POEM PROCEDURE:

- If Nystatin medication was ordered, take as directed.
- Please notify a GI Nurse by using the Nurse Information Line, 720-723-6972, if you are taking aspirin, Ibuprofen or other type of blood thinning medication.

2 DAYS PRIOR TO YOUR POEM PROCEDURE:

- Take all your regular medicine
- Begin clear liquid diet: you may have Gatorade, apple juice, jello, popsicles, broth, tea, and coffee, No cream/milk. Please avoid red, orange and purple flavors.

THE DAY OF YOUR UPPER ENDOSCOPY:

*** You may **not** go to work, drive a car, operate machinery or do anything requiring judgment the day of your exam.

*** You will be admitted to the hospital after your GI procedure.

*** Take all of your usual meds in the morning with sips of clear liquid. You may have sips of clear liquids until **five** hours before your appointment. If you are a **diabetic** do not take any diabetes medicine the day of your exam. Check your blood sugar before you come to your appointment.

- Check in at Building D, Floor 3, Mount Harvard check in
- Plan to be admitted to the hospital after your procedure