

# ERCP (Endoscopic Retrograde Cholangiopancreatography): Preparation Instructions - Planning for the Procedure

- **You must have a driver** who is 18 years or older present at check in and discharge. If you do not have a driver with you at check in, we will need to reschedule your appointment. This person must remain in the unit during your entire visit so that they are available as soon as you are ready to be discharged. You will not be discharged unless this person is in the unit. Because your judgment may be impaired after this procedure, you will not be released to take public transportation, a taxicab, or even walk home without another responsible adult present to accompany you.
- The entire procedure appointment may take at least 3 to 4 hours to complete. Please advise your driver that they must remain in the unit during your entire visit.
- If you have diabetes, ask your health care provider for diet and medicine instructions.
- **If you must cancel or reschedule your appointment**, please call the Endoscopy Call Center as soon as possible: 616.252.5775.
- If you are allergic to CT Contrast, IVP Dye, Iodine, or shellfish please contact our office at 616.252.5775.

## How do I prepare for an ERCP?

### Day of your procedure:

- **Eat NO solid foods after midnight.**
- Begin a clear liquid diet after midnight. Refer to the table below to check which liquids and drinks are allowed on a clear liquid diet.
- You may take all your morning medicines, such as blood pressure, heart, seizure, and/or breathing medications, as usual with 4 oz. of water up to 6 hours before your procedure.
- If you take oral diabetes medicine (pills), **do not** take this medicine on the morning of your procedure.

#### Allowed clear liquids:

- Gatorade®, Crystal Light® Lemonade, Pedialyte® or Powerade®
- Coffee or tea (black only)
- Carbonated or non-carbonated soda
- Fruit-flavored drinks
- Apple juice, white cranberry juice or white grape juice
- Jell-O® or popsicles
- Chicken, beef or vegetable Broth

#### Non-clear liquids – NOT allowed:

- Alcohol
- Milk or non-dairy creamer
- Juice with pulp
- Any liquid you cannot see through
- Hard candy

#### Note: Nothing Red or Purple

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### 4 hours before your procedure:

- Stop chewing gum
- Stop drinking all clear liquids

**Please bring an overnight bag in case you need to be admitted to the hospital for observation.**

Bring a list of all your current medicines with you, including over-the-counter medicines.