

## What to expect

Pre-admit appointment at the hospital: The importance of this pre-admit appointment is to teach you how to use and care for your tube and for you to meet staff who are specially trained in this. An RN will take your medical history; answer any questions you may have regarding the procedure. You will visit with a dietician to learn about the feeding solutions and they will arrange for a feeding solution prescription. A social worker will also meet with you if needed. Together they will put together a plan for your care going forward. We want you to be successful and studies have proven because of stress and the sedation medication, patients do not remember as well if the teaching is done the same day.

1. What you will need to do to get ready for this appointment: **Please bring a family member or friend who can also learn with you, as a support person.** Please bring a current medication list. Plan for the appointment to take up to 2 hours.

### Blood thinner clearance:

1. If you are on a prescription blood thinner, we may need to consult your regular doctor or cardiologist to find out if the blood thinner may safely be stopped for several days. Not all blood thinners must be stopped.

### On the day prior to the tube placement:

1. Only if you will be having a radiologic tube placement (PRG), you must drink the barium at home the night before the procedure.
2. An Endo nurse will make reminder call, unless we see you the day before.

### On the day of the procedure:

1. Wear comfortable clothes (shorts or sweat pants suggested)
2. Nothing to eat or drink starting at **midnight**, except important medications (blood pressure, heart, seizure, breathing, narcotic pain) with sips of water, unless given other instructions. **Hold any diabetes medicines.**
3. If you wear oxygen at any time, and have a portable tank, bring it with you.
4. Arrive at St. Joe's main entrance (revolving door, north, near the ER) at the scheduled time. Consider using the free valet parking if the parking lot seems full.

5. First stop at Registration in the north lobby. You will be directed to the Endoscopy/OPHV second floor north. Use the elevator or stairs beside the entry door.
  
6. Once you arrive in Endoscopy/OPHV, your nurse will finish your assessment and start an IV.  
Note: If you have not had a pre-admit appointment you will be brought in at an earlier time for use/care teaching, dietician visit.
7. You will be taken to a procedure room for sedation and the tube placement.
8. You will have a recovery period in your room after the procedure.
9. **You will need someone to drive you home, this may be your support person.**
10. You may need to pick up a prescription on the way home.

The day(s) after the procedure:

1. An Endoscopy nurse will call you to see how you are doing.
2. You will likely have one or more follow-up appointments with a Wound/Ostomy nurse.

*Thank you for reading the information provided. You are important to us. If at any time you have questions or concerns, please ask. Our mission is to serve and provide excellent care while we embark on this journey together.*

*The staff of St Joseph Regional Medical Center*