

## **PAUL J. SPINKA M.D.**

Gastroenterology & Hepatology

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### **INSTRUCTIONS FOR ERCP**

YOUR PROCEDURE WILL BE DONE AT THE FACILITY YOUR E-MAIL LISTED  
(PLEASE NOTE LOCATION PROVIDED FROM E-MAIL THAT WAS SENT BY OFFICE):

\_\_\_\_\_ MERCY MEDICAL CENTER

2175 Rosaline Ave

Redding, CA 96001

(530) 225-7900

\_\_\_\_\_ SHASTA REGIONAL MEDICAL

1100 Butte Street

Redding, CA 96001

(530) 244-5121

- You will be at the facility for 3-4 hours from arrival to discharge.
- **You MUST have a driver due to the sedatives given during the procedure. Rideshares like a Taxi, Bus, Uber or Lyft are not acceptable and cannot be used.**
- You cannot work or drive the day of the procedure. You can resume your normal schedule the following day.

**IF YOU ARE TAKING ANY BLOOD THINNING MEDICATIONS SUCH AS WARFARIN (COUMADIN), PLAVIX (CLOPIDOGREL), ELIQUIS (APIXABAN), BRILINTA ETC, PLEASE CONTACT OUR OFFICE FOR INSTRUCTIONS AS SOON AS POSSIBLE TO AVOID HAVING YOUR PROCEDURE CANCELLED OR RESCHEDULED.**

ERCP is a specialized technique used to study the ducts (drainage routes) of the liver, gallbladder and pancreas (the drainage channels from the liver are called bile ducts or biliary ducts). An endoscope, a flexible thin tube that allows the physician to see inside the bowel, is passed through the mouth, esophagus and stomach and into the duodenum (first part of the small intestine). After the common opening to ducts is visually identified, a catheter is passed through the endoscope and into the ducts where a contrast, dye material is injected gently into the ducts and X-rays are taken.

#### **WHAT PREPARATION IS REQUIRED?**

It is necessary to have a completely empty stomach for this procedure. You should therefore have no solid foods after midnight the night before the exam. You may have clear liquids up to 4 hours prior to the exam. Do not take aspirin and aspirin-like medications like ibuprofen five days prior to the exam. You may take regular, necessary pills with a very small amount of water. **Please arrange to have a driver come with you. Your driver may be phoned when you are ready to leave the hospital. You may not drive until the following morning.**

#### **WHAT CAN BE EXPECTED FOLLOWING AN ERCP?**

Since you are having an ERCP as an outpatient, you will be kept under observation until most of the effects of the sedation medications have worn off. Evidence of any complications of the procedure will be looked for and hospitalization may be advised if further observation is necessary. You may experience bloating or pass gas because of the air used during the exam. You may resume your regular diet unless otherwise instructed.