

MARYLAND ENDOSCOPY CENTER

100 West Road – Suite 115
Towson, Maryland 21204
410-494-0144

PATIENT: _____
DATE OF PROCEDURE: _____
ARRIVAL TIME: _____
PROCEDURE TIME: _____

PRE-PROCEDURE INSTRUCTIONS – PLEASE READ IMMEDIATELY!!

ARRIVAL: Please bring your **completed forms, insurance card(s), and photo ID** to the **Maryland Endoscopy Center** at the **arrival time noted above**. If you are scheduled to arrive at **7 AM**, please **do not arrive prior to this time**. Due to security reasons, **patients and visitors will not be allowed to enter the building prior to 7 AM**. Our waiting room has limited seating. Space is available down the hall in the Atrium for those with extra guests or small children and strollers. In addition, as a courtesy to our patients who are fasting, **food and drink are not allowed in the waiting area** but can be consumed in the Atrium.

DEPARTURE: The time from the start of your admission to the end of recovery is approximately 1 to 1 ½ hrs. Therefore, we would encourage your ride to remain in the waiting room or in the Atrium. Please check with the registration desk should your ride need to leave the premises. **For patients with procedure times after 1 PM, please make sure your ride is here by 3:00 PM**. Due to sedation, you are **not** allowed to drive yourself home or take the bus.

SPECIAL INSTRUCTIONS: **Please read the following carefully!**

In addition to the instructions from your physician's office, please observe the following:

- 1) You may brush your teeth and gargle the morning of your procedure.
- 2) Take your usual heart and blood pressure medicines with a **small sip** of water in the early AM.
- 3) Contact your doctor if you take: **BLOOD THINNERS (Coumadin, Warfarin, Plavix, Aspirin) INSULIN FOR DIABETES**
- 4) If you have the following, your procedure **cannot** be performed at our Center and you should contact your physician for further instructions: **LATEX ALLERGIES AICD (Automatic implantable cardiorotor/defibrillator)**
- 5) If you use an inhaler, please bring it with you.
- 6) Discontinue Phentermine and herbal products two weeks prior to your exam.
- 7) Please leave all jewelry and valuables at home.
- 8) For your safety, please contact your doctor if your weight is greater than 300 pounds.
- ***9) To avoid a sore rectum from a bowel prep, apply a coating of Desitin or A&D ointment to rectal area **prior to having the first bowel movement and after every bowel movement to follow.**

Our hours of operation are from 7 AM until 3:30 PM. If you have any questions regarding the above instructions, you may contact our Center at **410-494-0144** between these hours.

PLEASE REMEMBER TO FOLLOW YOUR PHYSICIAN'S SPECIFIC PREPARATION INSTRUCTIONS!!

(PLEASE SEE REVERSE SIDE FOR DIRECTIONS TO OUR CENTER)

DIRECTIONS TO THE MARYLAND ENDOSCOPY CENTER

Maryland Endoscopy Center is located on the first floor, Suite 115, at 100 West Road in Towson, adjacent to the Baltimore Beltway and Exit 26 – York Road. Free parking is plentiful.

FROM DOWNTOWN:

Take the Jones Falls Expressway (83) heading north to the Baltimore Beltway (695). Take 695 east to the York Road Exit (Exit 26A). As you get off the Beltway ramp there will be a traffic signal. This is West Road – make a right turn and go down the road four (4) driveways to a sign that says **100 West**. Turn right into the parking lot. Use the main entrance to the 100 West building and follow the right corridor to Suite 115 at the end of the hall.

FROM THE EAST:

Take the Baltimore Beltway (695) heading west towards Towson and take the York Road Exit (Exit 26). At the end of the ramp turn left (south) onto York Road. Go to the first light (West Road) and turn right. Go through the next signal and down four (4) driveways to a sign that says **100 West**. Turn right into the parking lot. Use the main entrance to the 100 West building and follow the right corridor to Suite 115 at the end of the hall.

FROM THE WEST:

Take the Baltimore Beltway (695) heading east towards Towson. Take the York Road South Exit (Exit 26A). As you get off the Beltway ramp there will be a traffic signal. This is West Road – make a right turn and go down the road four (4) driveways to a sign that says **100 West**. Turn right into the parking lot. Use the main entrance to the 100 West building and follow the right corridor to Suite 115 at the end of the hall.

FROM THE NORTH:

Take the Harrisburg Expressway (83) south to the Baltimore Beltway (695). Take 695 east towards Towson and go to the York Road Exit (Exit 26A). As you get off the Beltway ramp there will be a traffic signal. This is West Road – make a right turn and go down the road four (4) driveways to a sign that says **100 West**. Turn right into the parking lot. Use the main entrance to the 100 West building and follow the right corridor to Suite 115 at the end of the hall.