

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: The facility opens at 6:45am. Patients scheduled for 7:30 procedure should enter at the rear of the building at the blue canopy. All other patients enter via the front doors of the building which opens at 7:00am.

Items to bring with you to the [Maryland Endoscopy Center](#):

- 1) Completed Patient Data, Medication Reconciliation Sheet and Patient Questionnaire (**Alternatively**, this information can be completed online via the link that will be sent to you via text or email prior to your appointment.)
- 2) Insurance Cards
- 3) Photo ID

Our waiting room is limited to one additional person per patient. Additional space is also available behind the main lobby, in the Atrium. Cell phones must be completely POWERED off (not silenced) in the operative area.

DEPARTURE: The time from the start of your admission to the end of recovery is approximately 2 hours. Please arrive with a contact number for your escort home.

For patients with procedure times after 1 PM, please make sure your ride accompanies you and remains on site.

*****Due to sedation, you must have an escort that should remain within 15 to 20 minutes away. 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) **No gum or mints allowed after midnight on the day of your procedure.**
- 4) Contact your doctor if you take: **BLOOD THINNERS (Coumadin, Warfarin, Plavix)**
INSULIN FOR DIABETES or GLP1 medication (stop taking GLP1 medication one week prior to procedure)
- 5) If you have the following, your procedure **cannot** be performed at our Center and you should contact your physician for further instructions: **AICD (Automatic implantable cardiac defibrillator)**
- 6) If you use an inhaler, please bring it with you.
- 7) Discontinue Phentermine and herbal products two weeks prior to your exam.
- 8) Please leave all jewelry and valuables at home.
- 9) For your safety, please contact your doctor if your weight is greater than 300 pounds.

Our hours of operation are from **6:45 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.