

**Marin Gastroenterology**  
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*Diplomates American Board of Gastroenterology*

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INSTRUCTIONS FOR OUTPATIENT ERCP (ENDOSCOPIC RETROGRADE CHOLANGIO PANCREATOGRAPHY) WITH OR WITHOUT SPHINCTEROTOMY, STENTING, BIOPSIES, AND STONE REMOVAL

ERCP is a procedure to examine the ductal systems of the liver and pancreas. It involves swallowing a long flexible lighted tube or scope which is passed beyond the stomach, into the duodenum. There, a smaller tube is passed through the sphincter into the ductal systems and dye is injected so the ducts can be studied using x-rays. Sometimes the sphincter is cut using a wire and electric cautery. Often stones are removed from the ducts, or a tube or stent is inserted to keep the ducts open. Overall, ERCP is a safe procedure with a low (less than 10%) incidence of complications. Pancreatitis, infections, perforation, bleeding, anesthetic reactions, and failure to obtain helpful information can occur and can require hospitalization or surgery to correct. As with any test in medicine, ERCP is not perfect and there is always a risk of missing something (diagnostic error). Alternatives to ERCP include other imaging studies, surgery, blood tests, and watchful waiting. If you have any questions about this test please contact your doctor.

1. If your arrival time at the hospital is before 11 am, nothing to eat or drink after 11pm the night before.
2. If your arrival time at the hospital is 11 am or later, you may have a clear liquid breakfast ending by 9 am on the day of the examination, then nothing to eat or drink until the examination is over.
3. Report to Marin General Hospital outpatient registry. Your reporting time is 1 hour before the examination actually begins. This is necessary for registration, changing clothes, medications, and for starting an intravenous line.
4. Discuss with your doctor whether or not to take your regular medications the day of the exam.
5. **Medications to avoid:** **A)** All aspirin and aspirin containing medications for the week prior to the exam. (Tylenol/ acetaminophen is okay to use). **B)** Coumadin/warfarin, Plavix or Persantine for 5 days prior to the exam. **C)** Anti-inflammatory medications (used for arthritis, such as Advil, Motrin, ibuprofen, Aleve, naproxen, etc.) for 3 days prior to the exam. (Celebrex is okay to use.)
6. During the procedure, you will receive sedative medications. **It is neither safe nor legal for you to drive a car the rest of the day.** Please arrange for transportation home. Your driver may wait for the exam to be completed or may leave and return to pick you up when you are ready to depart. For your safety, a responsible adult should accompany you home whether you leave by car, taxi, or bus.
7. You will be able to return home approximately 60-90 minutes after the examination is completed.
8. Approximately 30 minutes after the examination, you may drink liquids. Your normal diet may resume after 1-2 hours. You should avoid alcohol and making any major decisions that day. You should be able to resume your normal activities the next day.
9. If you use any antibiotics for dental procedure, please let your doctor know in advance, so that intravenous antibiotics may be given to protect you during the examination.
10. Contact our office if you experience any of the following within 24-48 hours following the procedure:
  - 1) Severe sore throat with or without pain on swallowing.
  - 2) Severe abdominal or chest pain.
  - 3) Vomiting or vomiting of black coffee-ground like material or blood.
  - 4) Passage of a black or red blood stool.

**Please note if you cancel or reschedule within 5 working days or fail to keep your procedure appointment, Marin Gastroenterology reserves the right to charge a fee. No fee will be charged if the cancellation is for a medical reason.**