



Endoscopy Preparation

Dear Mr. /Ms.

Thank you for choosing Eterna Health for catering to your health needs. We understand that health related procedures can induce anxiety and are an altogether uncomfortable experience. At Eterna, we endeavour to try and make this process as comfortable and easy as possible for our guests.

Your Endoscopy is scheduled as follows:

Date: -----

Time: -----

Procedure:

6 hours prior to your procedure, you must stop consumption of all food and drink.

You may take your blood pressure medicine with a sip of water in the morning as routine. Please ask us about other medications or ignore this advice if you don't take any medications.



What to Expect on Procedure Day:

On the day of your procedure, you will be expected to arrive by ---- am/pm.

You will be asked to change into a gown and will be shown to your bed.

A doctor will take a brief history and your vitals will be recorded alongside a sugar test.

You should then be debriefed by the anesthesiologist, and the procedure should begin by ----am/pm.

The procedure itself takes about 30-45 minutes and accommodating for adequate recovery time you should be ready to leave after 2-3 hours.

Please refrain from driving that day, bring your driver along or inform our team and we can arrange a ride back for you.

If you have any questions, please feel free to reach out to us.

We hope your procedure goes well and you have ease of heart and mind.

Eager to serve you,

Team Eterna.