

Liver Biopsy Prep Instructions

Strict compliance with these instructions is necessary to ensure a safe procedure.

Medication / Diet / Tobacco Instructions: It is very important you read this section carefully. If you have any questions regarding your medications please call the MDTEC procedure coordinator at 410-224-3636.

- You will need blood work and a sonogram prior to your procedure to assess for the risk of bleeding. This must be completed within 90 days of the procedure.
- **10 days prior** to your procedure (at a minimum): you must stop taking Phentermine, or any medication containing Phentermine, such as Qsymia, Qnexa, Adipex-P, Suprenza, Fastin, Phentercot.
- **7 days prior** to your procedure (**Blood Thinners**): Stop all blood thinners and all aspirin / aspirin containing products unless you have been directed otherwise by your physician, This includes: Plavix, Coumadin, Pradaxa, Xarelto, Eliquis, NSAIDs, ibuprofen or Advil. You may take Tylenol as needed.
- **5 days prior** Stop Plavix (clopidogrel) unless otherwise instructed
- **3 days prior** Stop Coumadin (warfarin)) unless otherwise instructed
- **No smoking the day of procedure.**
- **Blood Pressure and Heart medications:** Continue to take these medications as directed. Take them the day of your procedure with a **small sip of water** no less than 2 hours before procedure.
- **Diabetic medication:**
 - If you are taking diabetic medication by mouth, cut your dose in half the day before the procedure.
 - If you are taking insulin, reduce your insulin dose(s) to half the normal amount the day before the procedure.
 - If you have an insulin pump, please check with the prescribing physician (PCP or endocrinologist) for specific instructions.
 - Do not take any diabetic medication or insulin on the day of your procedure.
- **Bring a complete list** of your medications. **Also bring** your blood pressure medicine and inhalers with you on the day of your procedure.

The Day of Your Scheduled Procedure:

- ❖ **Starting at midnight (12am)—NOTHING to eat**
- ❖ **Plan to be here at least 3 hours after the procedure**
- ❖ **You will receive a letter or phone call with your biopsy results and recommendations within 2 weeks of the procedure.**

Please be aware: If you have any questions or concerns regarding these instructions, please call the procedure coordinator at 410-224-3636 for further guidance. If you call before we arrive for the day, please leave a message and we will call you back as soon as we are able.

You must have a responsible driver who is 18 or older to accompany you and drive you home.

A taxi or shuttle is not an approved means of transportation **unless you have** a family member or friend with you. You may not drive until the day after your procedure. If you do not arrive with a driver, your procedure will be rescheduled, and you may be charged a cancellation fee.