

ESOPHAGOGASTRODUODENOSCOPY (EGD) PREPARATION INSTRUCTIONS

Please visit our website at www.digestivehealthclinic.com to view an educational video about this procedure. Read these instructions carefully. If instructions are not followed, your physician may be unable to complete your procedure. If you have preparation questions, please call our prep hotline 8am-5pm, Monday-Friday at 489-1887.

PROCEDURE PREPERATION INSTRUCTIONS

- Your medical record has been reviewed and we have completed your health assessment based on the information that we have received from you or your healthcare provider. If you have had any major surgery, heart problems, stroke, or changes in your health since your last procedure, please call our office to speak to a pre-admit staff member regarding these changes.
- **Contact our office if:**
 - you are on COUMADIN OR OTHER BLOOD THINNERS so that we can determine when you need to stop these medications prior to the procedure.
 - you are DIABETIC AND ARE ON INSULIN for specific instructions.
 - you have questions about which medications you should and should not take.

THREE DAYS BEFORE YOUR PROCEDURE

- Please do not take any vitamins, minerals, or herbal supplements for three days before your procedure. Please continue to take your prescription medications. If you have questions about specific medications, please call our office.

THE DAY BEFORE YOUR PROCEDURE

- **Do not eat any solid food after midnight the night before your procedure.** You may continue clear liquids until four (4) hours before your appointment.

CLEAR LIQUIDS: Water, chicken broth, beef broth or vegetable broth, juice such as white grape, apple, lemonade without pulp, sodas - diet and regular, Gatorade or other sports drinks, tea, coffee (black), Jell-O and popsicles. **NO RED OR PURPLE DYES.**

NO DRIVING AFTER THE PROCEDURE

- Sedation is used with most of these procedures and will require that you have a responsible adult escort you to the appointment, even if you take a taxi. This person will need to wait during the procedure, listen to home care instructions, and drive you home after the procedure. Please be advised that your procedure will be delayed until your escort can be present.

Contact our office if you have preparation questions, Monday-Friday, 8am to 5pm at 489-1887. For any after hour concerns you can leave a message with our after-hours answering service and we will return your call as soon as possible.