



ESOPHAGOGASTRODUODENOSCOPY (EGD) PREPARATION

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.

SPECIAL INSTRUCTIONS FOR PATIENTS TO WHICH THE FOLLOWING APPLIES:

- **Heart Defibrillators:**
 - Please call our office immediately to inform the office staff if you have a heart defibrillator. If so, your procedure will need to be scheduled at the hospital setting.

- **Blood thinners** (examples include Coumadin, Plavix, Eliquis, Xarelto, etc.):
 - **If you are on blood thinners, you are required to call our office at (208)489-1887.**
 - Your examination may need to be repeated if a biopsy is needed while taking blood thinners.

- **Diabetes:**
 - ***If you are taking medications for diabetes, please call your primary care doctor to inform them that you are having an examination. Ask them if your medication doses need to be adjusted and if so, how to adjust them on the day of your procedure.***
 - Remember to check your blood sugars frequently throughout the day.

HELPFUL HINTS

- ***Examples of CLEAR LIQUIDS MAY INCLUDE:*** water, chicken broth, apple or white grape juice, sport drinks, popsicles, Jell-O, coffee & tea(no cream), and soft drinks. Please avoid red & purple liquids.

QUESTIONS?

- Visit our website: www.digestivehealthclinic.com for educational videos on your procedure.
- Call our office during regular business hours (8am to 430pm) at 208-489-1887. If after 430pm, please call 208-489-1900.

INSTRUCTIONS:

5-7 DAYS PRIOR TO YOUR PROCEDURE

Make arrangements for a responsible adult driver to accompany you on the day of your procedure and drive you home.

*NOTE: If your driver cannot be confirmed when you arrive, we will **NOT** be able to provide sedation, and your procedure may need to be rescheduled. Drivers are required to stay during the entirety of your procedure. Taxi or Uber transportation will **NOT** be accepted for safety reasons.*

3 DAYS PRIOR TO 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 PRIOR TO YOUR PROCEDURE

Hydrate, Hydrate, Hydrate!

Confirm your responsible adult driver for procedure day

We prefer your driver stay in the area during the procedure and be available at time of discharge to hear all instructions (expected duration from check-in: 2-3 hours)

Do not eat any solid food after midnight the night before your procedure.

You may continue clear liquids until two (2) hours before your appointment.

DAY OF YOUR PROCEDURE

For the 2 hours before your procedure time: **Absolutely NOTHING by mouth!!**

*Your procedure **WILL BE DELAYED OR CANCELLED** if you eat or drink anything during this time (this includes use of a drinking fountain)*

At least 2 hours before your procedure time

Take your regularly scheduled medications with only sips of water.

Remember to bring your photo ID, insurance card, and updated medication list.

We cannot be responsible for your valuables (watches or various jewelry items). Please leave these at home.