

EGD Preparation Instructions

Appointment Date: Check In Time: Procedure Performed by:

No solid food after midnight.

You may have: water, coffee, tea, (no milk or creamers) clear fruit juices without pulp or cloudiness, soda pop, Gatorade, chicken bouillon (preferred) or CLEAR broth (no oil-based broth, especially Swanson brand), popsicles, and JELL-O. Avoid the color **red** in all liquids. Avoid alcohol.

Avoid marijuana use for 3 days prior to your procedure.

DO NOT put ANYTHING in your mouth the 2 hours before your procedure.

No smokeless tobacco/nicotine product of any kind - within 6 hours of your procedure.

This includes but is not limited to: medication, hard candy, chewing gum.

Take **ESSENTIAL** medications (blood pressure, heart and seizure medications, for example) **at least 2 hours before your exam**. For early morning procedures you can either wake early to take medication or wait until after your procedure.

Diabetic Medications & Insulin:

Bring your insulin with you on the day of your procedure.

Type II – No diabetic medications day of exam.

Type I – Contact your endocrinologist for special instructions.

Blood Thinners:

Special instructions if you take major blood thinners such as: Coumadin, Warfarin, Plavix, Aggrenox, Effient, Xarelto or Ticlid:

Take last dose of _____ on _____.

Your bridge order has been sent to: _____. They will be contacting you for further instructions. (Delete if no bridge needed).

* Please Note: if you are prescribed a blood thinner or diabetic medication prior to your procedure please call our office.

You also need to arrange for an **adult driver** that is able to walk on their own, help you in and out of a car, drive you home and remain with you for 6 hours. They must remain on campus for the duration of your appointment.

If these instructions have not been followed your appointment may be delayed or cancelled.

If you received these instructions by email, you will also receive an attachment with additional. important information.