

PREPARATION FOR ENDOSCOPY (EGD)

(Please read all instructions carefully before beginning your prep. Not following all instructions could result in cancellation of your procedure after arrival.)

5 DAY PRIOR TO PROCEDURE

1. Do not take any aspirin, aspirin products, or arthritic medication five (5) days prior to procedure.
 - a. *****Unless instructed to do so.**
 - b. If you take any other type of blood thinners (anticoagulants), you must consult the physician prescribing these prior to discontinuing them (they ordinarily must be discontinued prior to the procedure).
2. Do not take acid blockers (Nexium, Prilosec, Zantac, etc.) or Pepto-Bismol, seven (7) days prior to your procedure.

1 DAY PRIOR TO PROCEDURE

1. Discontinue smoking or the use of any tobacco products twenty-four (24) hours prior to your procedure.

DAY OF PROCEDURE (Please remove all jewelry and piercings prior to procedure)

1. DO NOT eat any solid foods from midnight until after your scheduled procedure is complete.
 - a. You can have apple juice, bouillon, broth, soda, black coffee or tea, Ensure, Kool-Aid, Boost, Gatorade, and plain Jell-O.
 - b. If you are not diabetic, fruit juice is best.
 - c. **NO MILK OR MILK PRODUCTS, SMOOTHIES, ALCOHOL, OR ANYTHING CONTAINING RED FOOD DYE.**
 - d. Please take your heart and blood pressure medication as prescribed.
2. Starting at _____ am, **nothing drink, not even water, until after your procedure is complete.**
3. You will need someone to drive you home after the procedure due to the sedation. You will not be able to drive until the following day.
 - a. **NO TAXI CABS OR RIDE SHARE APPS** (unless you are accompanied by someone)
4. Please leave valuables at home (with the exception of your insurance card and identification card) so nothing comes up misplaced or missing.
5. If you have any questions, concerns, or something comes up, please call us at (757) 412-4919.

Thank you and we will see you at your appointment!