VIRGINIA COLONOSCOPY & CENTER FOR HEALTH AND CANCER PREVENTION, LLC

Procedure Date: _____ **Doctor:** _____

Procedure Time: _____ **Check-In Time:** _____

ENDOSCOPY (EGD) PREP INSTRUCTIONS

1 Week Prior: _____

- Discontinue taking any acid blockers (Nexium, Prilosec, Zantac, etc.) or Pepto-Bismol **7 days** prior to your procedure
- ***LAST CHANCE TO CANCEL YOUR PROCEDURE! PLEASE CALL THE OFFICE TO CANCEL/RESCHEDULE**

*****ONLY DISCONTINUE ANY ASPIRIN OR BLOOD THINNERS AFTER OBTAINING APPROVAL FROM OUR OFFICE*****

- Discontinue aspirin products/platelet inhibitors **5 days** prior to your procedure (i.e., Plavix, Coumadin/Warfarin, Aspirin, etc.)
- Discontinue any arthritic medications **2 days** prior to your procedure
- Discontinue any anticoagulants **2 days** prior to your procedure (i.e., Xarelto, Mobic, Pradaxa, etc.)
- Discontinue GLP-1 Inhibitors **7 days** prior to your procedure (i.e., Ozempic, Trulicity, Victoza, etc.)

*****IF YOU HAVEN'T GOTTEN APPROVAL FROM OUR OFFICE ABOUT STOPPING YOUR BLOOD THINNER/ASPIRIN, CALL US ASAP!!*****

- Continue to take your heart and blood pressure, or other required medications, as prescribed
- You will need a responsible adult to drive you home after the procedure
  - **NO taxis/transportation services (unless accompanied by a responsible adult or through an approved Medical Transportation Service like Naborforce)**
  - You will not be able to drive until the day after your procedure

PLEASE CALL THE OFFICE TO CANCEL/RESCHEDULE YOUR APPOINTMENT. CANCELLATIONS WITHIN 5 BUSINESS DAYS ARE SUBJECT TO A $250 CANCELLATION FEE!!**

Comments:

1 Day Prior: _____

- Discontinue smoking or the use of any tobacco/marijuana products **24 hours** prior to your procedure
- No solid foods after midnight
- Can continue to take **clear liquids** until **three (3) hours prior** to your procedure.

Approved Liquids:

- Clear fruit juices without pulp (i.e., apple, white grape juice, lemonade, etc.)
- Broth or bouillon
- Soda, black coffee, or tea
- Kool-Aid or Gatorade (no red or purple)

Comments:

Day of Procedure: _____

- Take your heart and blood pressure medications as prescribed with small sips of water as early as possible

*** THERE ARE ABSOLUTELY NO LIQUIDS, INCLUDING WATER, AFTER:**

_____

(3 Hours prior to your procedure start time)

***IF YOU EAT/DRINK AFTER THIS TIME, YOUR PROCEDURE WILL BE DELAYED OR CANCELLED AND YOU MAY BE CHARGED A $250 CANCELLATION FEE FOR NOT ADHERING TO THE DIRECTIONS**

- Nothing to eat or drink, not even water, until after your procedure is complete
- Bring your paperwork filled out along with your Government Issued Photo ID or Driver's License and your insurance cards
- Please leave all valuables at home. We are not liable for any theft or damage to these items.

Comments:

We are located at 1301 First Colonial Rd, Suite 201, Virginia Beach, VA 23454 Phone: (757) 412-4919 After Hours Line: (757)
For more information, please visit our website at www.virginiacolonoscopy.com