

## **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 or clear broth, popsicles, and JELL-O. Avoid the color red in all liquids. Avoid alcohol.**

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

**No chewing tobacco for 6 hours prior to 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.**

**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.**