

Upper Endoscopy Preparation Instructions

EGD

Patient Name: _____

Procedure Date: _____ Check-In Time: _____ am / pm
(CIRCLE ONE)

Location: _____ Dr. Name: _____

About Upper Endoscopy (EGD):

A colonoscopy An EGD is a procedure your doctor will perform to examine the lining of your esophagus, stomach and duodenum (first section of small intestine). The doctor will insert a flexible tube into your mouth, down your esophagus, into the stomach and small bowel looking for abnormalities. Prior to the procedure, you will be given a sedative and pain medication through an IV. Following the procedure, you will be groggy for a few hours and therefore, should not schedule anything else for the remainder of the day. You are NOT allowed to drive for the remainder of the day. It is recommended to have a person over the age of 18 stay with you for 6-8 hours after the procedure.

What to bring and do prior to your procedure:

- Please bring your **PHOTO ID** and **INSURANCE CARD**.
- Please bring a list of your current medications (including non-prescription) and allergies.
- **YOU MUST HAVE A DRIVER 18 YEARS OF AGE OR OLDER WHO WILL ACCEPT RESPONSIBILITY AND DRIVE YOU HOME.** They will need to be within a 15-minute driving distance of our facility. The driver will be notified when your procedure is over and **MUST** be present at the time of discharge to receive instructions and teaching. You are **NOT** allowed to take a **bus, taxi, Access a Ride, walk home, etc.** **If you do not have a ride your procedure will be cancelled or rescheduled.**
- You should plan to be at our facility for at least 2 hours.
- Read prep instructions **THOROUGHLY**.
- **DO NOT DRINK ANYTHING FOR 2 HOURS BEFORE YOUR ARRIVAL TIME.**

Cancelling / Rescheduling:

If you need to cancel or reschedule your appointment, you MUST do so three business days prior to your appointment date, or a \$150 cancellation fee may be assessed.

Gastroenterology of the Rockies patient belongings and valuables policy:

Patients and visitors are responsible for all belongings. We recommend you bring only essential items to your procedure. Gastroenterology of the Rockies is not responsible for replacing lost or misplaced items.

Please check in using the **WHITE PHONE** located in the lobby – the receptionist is unable to check you in

- Boulder – Located to your left as you walk through the 2nd automatic door, next to the door with a stop sign.
- Lafayette – Located to the right of the receptionist's desk.
- Lakewood – Located to the left of the door in the endoscopy waiting room.
- Longmont – Located on a small table on the east side of the partition in the lobby.
- Northglenn – Located in Suite 320 on the wall directly to the right of the desk.

EGD Preparation

Instructions

5-days before your exam:

- Discontinue medications containing iron.
- If on blood thinners, please call our office and consult prescribing physician for possible dose alterations (Coumadin, Warfarin, Pradaxa, Xarelto, Eliquis).
- If you are diabetic, please contact our office for instructions. **303.604.5000**

3-days before your exam:

- Prepare a list of medications and allergies.
- Confirm that your driver can take you home.

2-days before your exam:

- Begin a low-fiber diet and discontinue fiber supplements; see "Diet and Tips" page for more information.

Day of your procedure:

- **Do NOT eat solid foods for 10 HOURS prior to your procedure.**
For example, if your procedure is at 10 am, do not eat anything after midnight. You may have a clear liquid diet the day of your procedure (see approved liquids below).
- Morning medications may be taken as usual, except for the above-mentioned items.
- Do not use marijuana the day of your procedure.
- You **MUST STOP** all clear liquids **2 hours** prior to your **arrival time**.

***** If you fail to follow these instructions, your appointment may be canceled and rescheduled to a later date or time. If you have any questions, please call: 303.604.5000 *****

Clear Liquid Diet:

If you can see through it, you can drink it. NO RED OR PURPLE DYES.

- Sports drinks, clear sodas, juices without pulp, water, teas, black coffee
- Clear broths, gelatin, popsicles
- Clear hard candies (not red or purple)
- **NO ALCOHOL, NO DAIRY PRODUCTS**