

## Upper Endoscopy (EGD) Instructions

Patient Name: \_\_\_\_\_

Procedure date: \_\_\_\_\_ Check in at \_\_\_\_\_ am/pm

At our \_\_\_\_\_ facility with Dr. \_\_\_\_\_

### About Upper Endoscopy (EGD):

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 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. They 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 on being at our facility for at least 2 hours.
- Read prep instructions THOROUGHLY.
- DO NOT DRINK ANYTHING FOR 3 HOURS BEFORE YOUR PROCEDURE.

**Check In:**

Please check in using the white phone located in the lobby:

- Boulder - located to your left as you walk through the second 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 partition in the lobby.

If you need to cancel or reschedule your appointment, you **MUST** do so 3 business days prior to your appointment date or a cancellation fee may be assessed. **303.604.5000**

## EGD Instructions

### 5 days before your exam:

- Discontinue supplements and 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 list of medications and allergies.
- Confirm that your driver is able to take you home.

### If your appointment is **BEFORE 12:00:**

- Do **NOT** eat anything after **MIDNIGHT** the night before your procedure.
- Morning medications may be taken as usual, with the exception of the above mentioned items.
- You **MUST STOP** all clear liquids **3 HOURS** prior to your procedure time.
- **NO SOLID FOODS** the day of your procedure.

### If your appointment is **AFTER 12:00:**

- Morning medications may be taken as usual, with the exception of the above mentioned items.
- You may have a light breakfast. \*\*\*See list below of acceptable foods\*\*\*
- DO NOT EAT ANYTHING 6 HOURS BEFORE YOUR PROCEDURE.
  - Example: If your appointment is at 1pm, you **MUST** have your breakfast prior to 7am.
- You may have CLEAR LIQUIDS after light breakfast.
- You **MUST STOP** all clear liquids **3 HOURS** prior to your procedure time.

\*\*\* If you fail to follow these directions, your appointment may be canceled and rescheduled to a later date or time. \*\*\*

### Light Breakfast Items:

- White bread, low-fiber cereals
- Eggs, tofu
- Bananas, applesauce
- Milk, yogurt, cheese

### 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**