

EGD PREPARATION INSTRUCTIONS

Appointment Date _____

Arrival Time _____

The following instructions are your Doctor's specific directions. Please follow the directions carefully.

10 days prior to your procedure: If you are taking blood/platelet thinners, please contact your Primary Care doctor or Cardiologist for specific instructions regarding stopping your blood thinner. If you are unable to stop your blood thinner, please call our office and speak with a nurse (**Warfarin/Coumadin/Jantoven, Xarelto/Rivaroxaban, Eliquis/Apixaban, Plavix/Clopidogrel, Effient/Prasugrel, Brillinta/Ticagrelor, Savaysa/Edoxaban, Pradaxa/Dabigatran, Pleta/Cilostazol or Aggrenox/Dipyridamole**). If your specific medical condition allows, it is safest if performed off these medications.

Please continue your daily aspirin if prescribed/recommended by your physician.

4 DAYS BEFORE THE PROCEDURE: Stop taking iron pills, and multivitamins that contain iron.

12 HOURS PRIOR TO THE PROCEDURE: Please hold your Metformin 12 hours prior to the procedure.

THE DAY OF THE PROCEDURE: NO SMOKING THE DAY OF THE PROCEDURE, NO CHEWING TOBACCO OR ELECTRONIC CIGARETTES THE DAY OF THE PROCEDURE. NO SOLID FOOD ON THE DAY OF THE PROCEDURE.



- **NO CHEWING TOBACCO, GUM, WATER OR MINTS 4 HOURS PRIOR TO YOUR TEST. DO NOT EAT ANY SOLID FOOD AFTER MIDNIGHT PRIOR TO YOUR PROCEDURE.**
- Clear liquids **must be limited to no more than 6 ounces after midnight** until **four hours** prior to your scheduled procedure. Nothing in your mouth 4 hours prior to – No water, gum or mints.
- You may take your routine medications the morning of the procedure with a sip of water, with the **exception of anticoagulants and Metformin.**
- **If you are on insulin, please hold your morning dose the day of the procedure.**
- You may brush your teeth.

YOU MUST BE ACCOMPANIED BY A FRIEND OR RELATIVE OF LEGAL AGE (18 YEARS OR OLDER) TO DRIVE YOU HOME. YOUR DRIVER MUST CHECK IN WITH YOU AND STAY IN THE BUILDING UNTIL YOU'RE DISCHARGED. YOU MAY NOT DRIVE, GO HOME BY TAXI, UBER OR TRANSPORTATION BUS. IF YOU DO NOT HAVE A DRIVER, YOUR PROCEDURE MAY BE CANCELLED.

WHAT TO BRING WITH YOU

- Bring your **insurances cards** and any **payment or co-payment** required for the procedure.
- Bring your **driver's license or photo ID** and your completed paperwork.
- If you do not use our patient portal website, please bring a list of all medications you are currently taking, (this includes over the counter medications, herbs and vitamins).

WHAT TO WEAR

- Wear comfortable, loose fitting clothing. Wear flat shoes or tennis shoes. Do NOT wear jewelry or bring large amounts of cash.
- If you cannot keep the appointment you must give 48 hours cancellation notice.