

Read this entire packet at least 5 days prior to procedure
Keep this sheet for your records
Pre-Procedure EGD (upper endoscopy) Instructions

*****In order to protect your identity we ask that you bring a valid picture ID and your insurance card with you to your visit.*****

******Cancellation Policy:** Due to scheduling of procedures, our office requires at least **48 hours Advance Notice** for procedure cancellation. If you neglect to give us 48 hours notice, you may be charged a fee of \$100 to cover administrative costs. You will not be rescheduled after 2 (two) missed procedure appointments.****

You will be informed of which location you are scheduled at when you make your appointment – Emerson Hospital or Middlesex Endoscopy Center. If you are scheduled at Emerson Hospital, please call to pre-register at 978-287-3062.

If you have an insurance plan that requires a referral from your primary care physician, please obtain a referral immediately after scheduling your appointment and have it sent to our office. Failure to comply may result in cancellation of your procedure. We require a 48 hour notice of cancellations. Please note our cancellation policy above.

An EGD is a diagnostic procedure in which a flexible, lighted tube is inserted through the mouth enabling the physician to directly visualize the interior lining of the esophagus, stomach and duodenum. Biopsies can be performed during the procedure. Every effort will be made to keep you comfortable during the procedure through the intravenous administration of a sedative.

You are not allowed to drive a vehicle or take a cab unattended by an adult after your procedure.

YOU MUST HAVE AN ADULT PRESENT TO DRIVE YOU HOME and it is recommended that someone stay with you for up to 12 hours after your procedure as you will be drowsy and may have some degree of recent memory loss. You are considered impaired until the next day following sedation. Do not plan any activities which require critical thinking.

Plan on being with us for 1.5-2.5 hours. All rides must be here by 3PM.

If you do not have someone to drive you home, your procedure will be cancelled.

Call our office at 978-429-2010 for specific instruction if you:

- Presently take any blood thinners such as Coumadin (Warfarin) or Plavix WITH a 325mg Aspirin.
- Require antibiotics prior to medical procedures due to cardiac stent placement in the past 12 months, or Cardiac Valve Replacement
- Are a medication dependent diabetic

Failure to contact our office may result in delay or cancellation of your procedure.

Five Days prior to Procedure:

- If you are on 81 mg Aspirin prescribed by a physician please STAY on this medication.
- If you are taking Plavix by itself OR Aspirin (325mg) by itself, it is OK to stay on this medication.
- Stop all Multivitamins, iron, vitamin E and calcium
- STOP all other Aspirin and/or NSAIDs (non-steroidal anti-inflammatories) such as Advil, Motrin, Nuprin, and Aleve.
 - Tylenol may be taken for discomfort.

Night Before Procedure:

- Do not eat any solid foods after midnight

Day of Procedure: - - PLEASE REFRAIN FROM SMOKING PRIOR TO YOUR PROCEDURE

- You should take heart or blood pressure medication with a small sip of water.
- You may drink clear liquids until 4 hours before your procedure. Clear liquids include all liquid you can see through, except alcohol. Examples are: broth, gelatin, popsicles, lemon-lime Gatorade, apple, cranberry, or white grape juice, ginger-ale, decaffeinated colas, tea or coffee without cream/milk.

HAVE NO SOLID FOODS AFTER MIDNIGHT
NOTHING TO DRINK for 4 HOURS PRIOR TO PROCEDURE