

# EGD PREP

The following instructions are your physician's specific instructions. Please follow the instructions carefully to ensure a successful prep.

You can reach Your Patient Advisor with non-medical prep questions at: **800.349.0285**

You can reach your physician's office at: **(409) 833-5858 Option 3**

**Cancellation Policy:** If you need to cancel or reschedule your appointment, please make sure you contact us 3 business days before your procedure. **SEE PAGE 2 FOR CONTACT INFORMATION.**

7 days prior to procedure	2 days prior to procedure	1 day prior to procedure	Day of procedure
<p><b>Review your prep instructions thoroughly.</b></p> <p><u>IF YOU ARE ON BLOOD THINNING MEDICATION:</u> Please follow the instructions provided by your gastroenterologist regarding if/when they should be discontinued before your procedure. If you are unsure, please call your gastroenterologist. You may continue all medications <b>unless otherwise instructed.</b></p>	<p>You need to arrange for a driver (your driver must check in with you and remain in the lobby during your exam). <b>The procedure WILL NOT be done without a driver present.</b></p>	<p><b>YOU SHOULD ADHERE TO YOUR USUAL DIET TODAY.</b> Nothing to eat or drink after midnight IF you have a morning procedure. For procedures after 12:00 NOON, you may have clear liquids up to 3 hours prior to your procedure.</p>	<p><b>FOR PROCEDURES AFTER 12:00 NOON ONLY:</b> You may continue clear liquids until <b>3 hours</b> prior to your arrival time.</p> <p><b>NO GUM OR HARD CANDY</b></p> <p><b>YOU MAY BRUSH YOUR TEETH BUT DO NOT SWALLOW</b></p> <p><b>*If you take daily medication, you may take it with SMALL SIPS OF WATER ONLY, at least 2 hours before your procedure.</b></p>

**\*Clear Liquid Diet Details: NO RED PURPLE OR ORANGE. NO DAIRY**

**Approved**

- Sodas, coffee, tea
- Clear juices, fitness waters
- Chicken, vegetable and beef broth
- Gelatin
- Popsicles without pulp

**Avoid**

- No milk/dairy
- No juices with pulp
- Popsicles with pulp
- NO RED PURPLE OR ORANGE.**



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## THE DAY OF YOUR PROCEDURE

- **FOR PROCEDURES AFTER 12:00 NOON ONLY:** You may continue clear liquids until **3 hours** prior to your arrival time.
- You may take your blood pressure medication with a small sip of water.
- Please bring a list of all your current medications with you at the time of your procedure.
- **IF YOU ARE DIABETIC:** Please hold diabetic medication(s) the day of the procedure, unless otherwise specified by your physician. Bring diabetic medication(s) with you to take after your procedure.
- Your driver must remain in the lobby during your exam.
- If you use an inhaler, bring it with you to your procedure.
- Only light makeup should be worn.
- Please do not wear any jewelry.
- Bring insurance cards.
- Be prepared to pay your copay.

## IMPORTANT PHONE NUMBERS:

If you have any questions or concerns about the preparation, please contact Your Patient Advisor by calling 800-349-0285 or emailing [support@yourpatientadvisor.com](mailto:support@yourpatientadvisor.com).

If you have any medical questions or concerns, please call (409) 833-5858 Option 3 for our scheduling department.

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## **RESCHEDULE/CANCELLATION INFORMATION**

If you need to cancel or reschedule your appointment, please make sure you contact us 3 business days before your procedure:

- Please call SOUTHEAST TEXAS GASTROENTEROLOGY SCHEDULING at (409) 833-5858 OPTION 3 to cancel or reschedule.
- AND
- If your procedure is at THE ENDOSCOPY CENTER OF SOUTHEAST TEXAS, please call (409) 833-5555 to cancel.
  - If your procedure is at CHRISTUS ST. ELIZABETH HOSPITAL, please call (409) 899-8315 to cancel.
  - If your procedure is at BAPTIST BEAUMONT HOSPITAL, please call (409) 212-6760 to cancel.