


# DIGESTIVE HEALTH CENTER

## EGD Prep Instructions

Endoscopy (EGD): This examination has been recommended to you. This exam involves guiding a tubular, flexible instrument through your mouth and into your esophagus, stomach, and first portion of your small intestine.

**PLEASE READ ALL INSTRUCTIONS CAREFULLY WHEN PROCEDURE IS SCHEDULED**

5-7 DAYS PRIOR	ONE DAY PRIOR	THE DAY OF PROCEDURE
<div style="text-align: center;">  </div> <p>If you take medication to thin your blood, such as <b>Coumadin</b> (warfarin), <b>Plavix</b> (clopidogrel), <b>Xarelto</b> (rivaroxaban) or <b>Pradaxa</b> (dabigatran), <b>Eliquis</b> (apixaban), <b>Aggrenox</b> (aspirin/dipyridamole), etc., ask the doctor that prescribed it for instructions prior to stopping the medication.</p> <p>-Aspirin should be continued as usual</p> <p>-Arrange for a driver on the day of your procedure.</p>	<p>YOU MAY HAVE YOUR NORMAL DIET</p> <p>NO solid foods allowed 8 hours prior to your scheduled procedure time.</p> <p>Confirm that you have a driver for the day of the procedure.  <b>A taxi or bus is NOT allowed unless you are accompanied by a family member or friend.</b></p> <p>What to bring with you:</p> <ul style="list-style-type: none"> <li>• Insurance cards</li> <li>• Photo ID</li> <li>• Completed paperwork to include: Multi-Authorization and Notice of Privacy Practices</li> </ul>	<p><b>DO NOT EAT ANY SOLID FOOD TODAY PRIOR TO PROCEDURE.</b></p> <p>If your procedure is scheduled <b>BEFORE 12 NOON:</b></p> <ul style="list-style-type: none"> <li>• Do NOT have anything to eat or drink before your exam</li> </ul> <p>If your procedure is scheduled <b>AFTER 12 NOON:</b></p> <ul style="list-style-type: none"> <li>• You may have clear liquids only (see list below) up until 4 hours before your exam</li> </ul> <p>You may take your essential morning medications with a few small sips of water, but it must be at least 4 hours before your exam.</p> <p>NOTHING BY MOUTH 4 hours before your scheduled procedure time INCLUDES: gum, hard candy, mints, and tobacco products.</p> <p><b>DIABETICS:</b></p> <ul style="list-style-type: none"> <li>- Do NOT take oral medication DIABETA, GLUCOPHAGE, METFORMIN or JANUVIA. You may resume after your exam.</li> <li>- If your procedure is before noon and you are allowed clear liquids: Take ½ of your regular insulin dose</li> <li>- You must check your blood sugar before leaving home. If your level is <b>above 300</b>, please take your Regular insulin according to your sliding scale.</li> <li>- Please bring your insulin with you to procedure center.</li> </ul>

**CLEAR LIQUIDS – NO RED or PURPLE** 

Gatorade – Powerade – clear broth or bouillon (chicken or beef) – coffee or tea (no milk or non-dairy creamer) – carbonated and non-carbonated soft drinks – Kool-Aid – Crystal Light – strained fruit juices (no pulp) – Jell-O – Popsicles – Italian Ice

**DON'T FORGET** – these items are **NOT ALLOWED** 

Milk or milkshakes – cream or non-dairy creamer – orange, grapefruit, or tomato juice – creamed soups or any soup other than broth – oatmeal – Cream of Wheat