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Endoscopy(EGD): This examination has been recommended for 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></div> <p>If you take medication to thin your blood, such as Coumadin (warfarin), Plavix (clopidogrel), Xarelto (rivaroxaban), Pradaxa (dabigatran), Eliquis (apixaban), Aggrenox (aspirin/dipyridamole), etc., ask the doctor that prescribed it for instructions prior to stopping the medication. Aspirin may be continued.</p> <p>Arrange for a driver on the day of your procedure.</p> | <p>YOU MAY HAVE YOUR NORMAL DIET 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.</p> <p>A taxi or bus is NOT allowed unless you are accompanied by a family member or friend.</p> <p>What to bring with you:</p> <ul style="list-style-type: none">• Insurance card(s)• Photo ID | <p>DO NOT EAT ANY SOLID FOOD TODAY PRIOR TO PROCEDURE!</p> <p>If your procedure is scheduled BEFORE 12 NOON: Do not have anything to eat or drink before your exam</p> <p>If your procedure is scheduled AFTER 12 NOON: You may have clear liquids only (see list below) up until 4 hours before your exam</p> <p>You may take your essential morning medications with a few sips of water, but it must be at least 4 hours before your exam.</p> <p>NOTHING BY MOUTH 4 (four) hours before your scheduled procedure time. This includes gum, hard candy, mints, and tobacco products.</p> <p>DIABETICS: Do NOT take oral medication DIABETSA, GLUCOPHAGE, METFORMIN, or JANUVIA. You may resume after your exam.</p> <p>If your procedure is scheduled after 12pm noon and you are allowed clear liquids, take ½ of your regular insulin dose.</p> <p>You must take your blood sugar before leaving home. If your blood sugar level is above 300, please take your Regular insulin according to your provider's instructions/sliding scale.</p> <p>-Please bring your insulin with you to the procedure center.</p> |

CLEAR LIQUIDS APPROVED LIST -NO RED or PURPLE



Must be something you can see through...

- Gatorade or 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 or Crystal Light
- Fruit Juices (NO PULP)
- Jell-o, Popsicles, or Italian Ice



DON'T FORGET – these foods 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 or Cream of Wheat
- Pudding or yogurt

