

GASTROINTESTINAL HEALTHCARE

Improving Your Health From The Inside Out.

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Upper Endoscopy (EGD) Procedure Preparation

Patient Name: _____

Date: _____ **Arrival Time:** _____

Location: _____ GastroIntestinal Healthcare (2011 Falls Valley Dr., Suite 106)
_____ Duke Health Raleigh Hospital (3400 Wake Forest Rd.)

If you have a medical condition that requires you to take a preventative antibiotic prior to your procedure, please let us know at least two days prior to your procedure by calling our office at (919) 870-1311.

One Week (7 days) prior to your endoscopy, stop taking the following medications:

- Ibuprofen, Advil, Motrin, arthritis medication, Aleve, B.C. Powder, Excedrin, all vitamins and supplements, iron, Alka Seltzer, Pepto Bismol or equivalent, and psyllium products such as Metamucil or Citrucel. Tylenol may be used for pain.
 - If you are taking aspirin or any blood thinners such as Aggrenox, Brilinta, Cilostazol, Clopidigrel, Coumadin, Dipyridamole, Effient, Eliquis, Enoxaparin, Lovenox, Pentoxifylline, Persantine, Plavix, Pletal, Pradaxa, Ticlopidine, Warfarin or Xarelto, please follow the instructions given to you by your prescribing physician:
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- Please continue to take all other medications.

One Day before and the day of your endoscopy:

- **DO NOT EAT ANYTHING AFTER MIDNIGHT THE NIGHT BEFORE YOUR PROCEDURE AND NOT UNTIL AFTER YOU RETURN HOME FROM HAVING YOUR PROCEDURE THE NEXT DAY.**
- You may drink liquids from the following list up until two hours before your procedure arrival time. **Avoid anything red or purple in color.**
 - Water
 - Soft drinks (diet or regular)
 - Gatorade, sports drinks
 - Apple juice
 - Tea (iced or hot)
 - Fat free broth or bouillon
 - Jello (cannot contain fruit)
 - White grape juice
 - Coffee
 - Fruit-flavored drinks
 - Popsicles
 - White cranberry juice
- For diabetics: Do not take any insulin or oral agents on the morning of the procedure.
- Take any heart or blood pressure medications the morning of the procedure at least two hours before your procedure time.
- If you are on any inhalers please bring them with you the day of your procedure.

IMPORTANT NOTES FOR THE DAY OF YOUR PROCEDURE:

- **DO NOT EAT ANYTHING UNTIL AFTER YOUR PROCEDURE. DO NOT DRINK ANY LIQUIDS TWO HOURS PRIOR TO YOUR ARRIVAL TIME;** you will be receiving anesthesia, and having liquids in your stomach puts you at greater risk for aspiration. Your procedure may be delayed if you have consumed liquids too close to your procedure time.
- Please bring your driver license, insurance card and any co-pay/deductibles owed.
- We suggest you wear warm socks and loose comfortable clothing the day of your procedure. Please leave all valuables at home. GIH cannot be responsible for your valuables or personal items.
- Be prepared to stay at our facility for approximately 1 ½ to 2 hours. If you are having a procedure that requires sedation, you must make arrangements to have a responsible adult 18 years or older

accompany you to our office and drive you home. This person must remain in our facility until you are discharged. Please do not ask someone to drop you off and return for you at a later time; patients are not permitted to take a cab or bus home. If you do not have a responsible adult with you upon arrival, Gastrointestinal Healthcare reserves the right to delay or reschedule your procedure.

- During the remainder of the day, do not plan on: returning to work or school; driving; signing legal documents or participating in any activity that requires coordination or balance.
- Visitors to the recovery room are limited to one person per patient. Children under the age of twelve are not allowed in the recovery room for any reason.
- If you have any questions, or if you have any cold or upper respiratory symptoms within 3 days of your scheduled procedure, please contact our office at (919) 870-1311. We look forward to participating in your health care.