

Upper Endoscopy (EGD) Prep Instructions

Please follow these instructions as you prepare for your scheduled Upper Endoscopy:

Due to sedation, you MUST have a driver. Your driver is required to remain at the facility during your entire procedure. Public transportation and "drop off/ pick up" is not allowed.

Due to the sedation, you may not remember what your Gastroenterologist tells you after the procedure; if this happens, please call our office at 505-988-3373 for an explanation of your results. If a biopsy is taken, please allow at least 5 to 7 working days for the Gastroenterologist to receive the report, review the findings and contact you with your results.

Please read all instructions ahead of time so you are adequately prepared for this procedure.

If you must cancel this appointment, please provide advanced notice to 505-983-5631 of at least three (3) working days. Failure to do so may result in a \$100.00 charge to you.

8 hours before your procedure: NO SOLID FOOD, you may have clear liquids only from the following list:

Chicken, beef or vegetable broth, water, apple juice, soft drinks, Gatorade, black coffee, tea, iced tea, iced coffee, popsicles, jello (no cream, milk, soy, almond milk).

3 hours before your procedure: NO LIQUIDS, do not have anything at all by mouth.

Medications:

You should take blood pressure prescription medications in the morning on the day of your procedure. If you are a diabetic, you should **NOT** take insulin or other similar medications without discussing it with your Primary Care Provider as to when you should take it.

IF YOU TAKE BLOOD THINNERS and are having a dilatation (trouble swallowing) along with your Upper Endoscopy you must stop 3- 5 days in advance. This MAY include (but is not limited to) Plavix, Coumadin/Warfrin, Eliquis, Pradaxa, etc.

BEFORE ALTERING OR STOPPING ANY BLOOD THINNERS, PLEASE DISCUSS THESE INSTRUCTIONS WITH YOUR COUMADIN CLINIC and/or PRIMARY CARE PROVIDER.