

UPPER ENDOSCOPY (EGD) INSTRUCTIONS

MY PROCEDURE INFORMATION:

Procedure Date: _____ Procedure Time: _____

Arrival Time: _____ Location: _____

CALL CARY GASTROENTEROLOGY IF YOU:

- ❖ Require ANTIBIOTICS for invasive procedures
- ❖ Have a LATEX ALLERGY
- ❖ Are on a blood thinner (Coumadin, Pradaxa, Xarelto, Eliquis, Arixtra, Plavix, Effient)
- ❖ Take more than 81mg of ASPIRIN per day.

THE FOLLOWING ARE ABSOLUTE REQUIREMENTS FOR YOUR PROCEDURE:

- ❖ A licensed driver (18 and older) MUST accompany you at check-in and remain during your test.
- ❖ Taxis are prohibited. Driving yourself is prohibited. You cannot walk or bike home.
- ❖ Plan on spending 3 hours at the procedure center. Do not bring jewelry or valuables.
- ❖ Wear comfortable clothing. Do NOT wear contact lenses. Bring warm socks.
- ❖ All medical clearances must be in our office prior to procedure.

PREPARING FOR YOUR PROCEDURE

7 DAYS PRIOR TO YOUR PROCEDURE:

- ❖ **STOP:** Vitamin E., St. John's Wort, Fish Oil, and Gingko products
- ❖ **STOP:** Anti-inflammatory drugs (NSAIDS) such as ibuprofen, Advil, Motrin, Aleve, Celebrex, Mobic, Orudus, Nuprin.
- ❖ TYLENOL may be used freely, including the day of procedure.
- ❖ **Your physician may ask you to stop blood thinners, including aspirin, between now and 5 days pre-procedure.** Check with Cary Gastroenterology to clarify this.

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THE NIGHT BEFORE YOUR PROCEDURE:

- ❖ You should have **NOTHING TO EAT OR DRINK AFTER MIDNIGHT**

PROCEDURE DAY:

- ❖ Please take your morning blood pressure or heart medications with small sips of water. Otherwise, you are to have absolutely **NOTHING TO EAT OR DRINK** the day of your procedure.
- ❖ If you are on insulin or oral diabetes medications, please consult with your physician to discuss adjusting these medications. Typically, we recommend NOT taking your diabetes medications the day of the procedure, as you will be fasting that day.

LOCATION AND ARRIVAL TIMES:

- ❖ **Raleigh Endoscopy Center Patients:** Please arrive at the endoscopy center ONE HOUR prior to your procedure. ** If your procedure time is 7:30am, please arrive at **6:45am**. The endoscopy center opens at 6:45am.

**If your physician is Dr. Furs or Dr. McGowan, please arrive one and a half (1 ½) hours prior to your procedure time, but no earlier than 6:45am.

- ❖ **WakeMed Cary Patients:** Please arrive 2 hours prior to procedure time.

If you have any questions or need additional information, please contact us at (919) 816-4948.