

Upper Endoscopy Preparation Instructions

EGD

Patient Name: _____

Procedure Date: _____ Check-In Time: _____ am / pm
(CIRCLE ONE)

Location: _____ Dr. Name: _____

About Your EGD:

An EGD is a procedure your doctor will perform to examine the lining of your esophagus, stomach, and duodenum (first section of the small intestine). The doctor will insert a flexible tube into your mouth, down your esophagus, into the stomach and small bowel looking for abnormalities. Prior to the procedure, you will be given a sedative and pain medication through an IV. Following the procedure, you will be groggy for a few hours and therefore, should not schedule anything else for the remainder of the day. You are NOT allowed to drive for the remainder of the day. It is recommended to have a person over the age of 18 stay with you for 6-8 hours after the procedure.

Appointment Considerations:

- **YOU MUST HAVE A DRIVER 18 YEARS OF AGE OR OLDER WHO WILL ACCEPT RESPONSIBILITY AND DRIVE YOU HOME.** They will need to be within a 15-minute driving distance of our facility. They will be notified when your procedure is over, and MUST be present at the time of discharge to receive instructions and teaching.
- You are **NOT allowed to take a bus, taxi, Uber/Lyft, Access a Ride, walk home, etc.** Your driver will be asked to sign our discharge paperwork indicating that they are driving you home; if you are utilizing a paid driving service, please call ahead to ensure the driver will sign our discharge paperwork.
- **If you DO NOT have a ride, your procedure will be cancelled or rescheduled.**
- Please bring a list of your current medications (including non-prescription) and allergies. If you have not completed the online registration, then please bring your **PHOTO ID** and **INSURANCE CARD**.
- Plan to be at our facility for at least 2 hours. Read the prep instructions on page 2 THOROUGHLY.
- **DO NOT DRINK ANYTHING FOR 3 HOURS BEFORE YOUR PROCEDURE.**

Cancelling / Rescheduling:

If you need to cancel or reschedule your appointment, you **MUST** do so three business days prior to your appointment date, or a \$150 cancellation fee may be assessed.

Gastroenterology of the Rockies patient belongings and valuables policy:

Patients and visitors are responsible for all belongings. We recommend you bring only essential items to your procedure. Gastroenterology of the Rockies is not responsible for replacing lost or misplaced items.

Please check in using the WHITE PHONE located in the lobby - The receptionist is unable to check you in

- Boulder - Located to your left as you walk in, next to the door with a stop sign.
- Lafayette - Located to the right of the receptionist's desk.
- Lakewood - Located to the left of the door in the endoscopy waiting room.
- Longmont - Located on a small table on the east side of partition in the lobby.
- Northglenn - Located on the wall straight ahead as you walk in the door.

EGD Preparation

Instructions

5-days before your exam:

- Discontinue medications containing iron.
- If on blood thinners, please call our office and consult prescribing physician for possible dose alterations (Coumadin, Warfarin, Pradaxa, Xarelto, Eliquis).
- If you are diabetic, please contact our office for instructions. **303.604.5000**

3-days before your exam:

- Prepare a list of medications and allergies.
- Confirm that your driver can take you home.

Day of your procedure:

- **Do NOT eat solid foods for 10 HOURS prior to your procedure.** For example, if your procedure is at 10 am, do not eat anything after midnight. You may have a clear liquid diet the day of your procedure (see approved liquids below).
- Morning medications may be taken as usual, except for the above-mentioned items.
- Do not use marijuana the day of your procedure.
- **You MUST STOP all clear liquids 3 hours prior to your procedure time.**

***** If you fail to follow these instructions, your appointment may be canceled and rescheduled to a later date or time. If you have any questions, please call: 303.604.5000 *****

Clear Liquid Diet:

If you can see through it, you can drink it. NO RED OR PURPLE DYES.

- Sports drinks, clear sodas, juices without pulp, water, teas, black coffee
- Clear broths, gelatin, popsicles
- Clear hard candies (not red or purple)
- **NO ALCOHOL, NO DAIRY PRODUCTS**