

# EGD PREPARATION INSTRUCTIONS

The following instructions are your Doctor's specific directions. Please follow the directions carefully.

7 days before your procedure you will receive a phone reminder confirming your appointment. If you cannot keep the appointment, please give at least **72 hours** cancellation notice.

## 4 DAYS BEFORE THE PROCEDURE

- Please read all directions carefully.
- If you are taking blood thinners such as Coumadin or Plavix, you should discuss with your doctor whether or not you should stop these medications four days prior to your procedure.
  - If your specific medical condition allows, it is safest if performed off these medications
  - **If you cannot stop these medications for the four days prior to your test, please contact our office and discuss with a triage nurse.**
- Stop taking iron pills, fish oil, Metamucil, Perdiem, Citrucel and any other bulk laxative four days prior to your procedure.

## THE DAY OF THE PROCEDURE

- If you are on Insulin, we ask that you hold your morning dose the day of your procedure. If you take insulin more than once daily or are on oral medications for your diabetes, contact your primary care physician for further instructions regarding your diabetic medications.

## THE DAY OF THE PROCEDURE



- Do **NOT** eat anything after midnight the night prior to your procedure.
- Between midnight and two hours before your appointment you may **only have** 6 oz. of **CLEAR** liquids.
- You must have **NOTHING BY MOUTH** (including water), **2 hours** prior to your procedure.

## WHAT TO BRING WITH YOU

- **Bring your driver**- it is necessary to have someone with you to drive you home. They will be required to check in with you.
- Bring insurance cards and any payment or co-payment required for the procedure.
- If you do not use the MyCIG Website, please bring a list of all Medications you are currently taking.
- Bring your driver's license or photo ID.

## WHAT TO WEAR

- Wear comfortable, loose fitting clothing.
- Wear flat shoes or tennis shoes.
- Do not wear any jewelry.

**\*\*\*YOU MAY HAVE NOTHING BY MOUTH TWO (2) HOURS PRIOR TO YOUR PROCEDURE\*\*\***

**\*\*\*If you cannot keep the appointment you must give 72 hours cancellation notice\*\*\***



Consultants in  
Gastroenterology<sub>PC</sub>