

EGD PREP INSTRUCTIONS

If you have not had a phone call from the facility you are scheduled with, prior to your procedure, or if you have any questions about these instructions, please call (512) 341-0900 and ask to speak to the scheduler, regarding your procedure. If you have any questions after 5 PM the day before your procedure, please call the “doctor-on-call” at (512) 341-0900.

2-3 DAYS PRIOR TO PROCEDURE:

- Blood thinning medications (Coumadin (Warfarin), Eliquis, Pradaxa, Plavix (Clopidogrel), or other) should be held under the direction of the Physician you are having your procedure with. A Nurse from the facility where you are scheduled to have your procedure, will review those instructions with you.
- Stop taking anti-inflammatories.
- Tylenol and Aspirin are safe to use.
- Discontinue iron-containing medications, fiber supplements, vitamins, herbs and fish oil.

DAY BEFORE PROCEDURE:

- **NO solid food after MIDNIGHT**

DAY OF PROCEDURE:

It may be recommended that you take some of your medications, such as heart, blood pressure, thyroid, breathing, or seizure medicines, on the morning of your exam with small sips of water. The pre-op nurse will discuss this with you.

- **You may have clear liquids up until 4 hours prior to your procedure time.**
- **Review clear liquid guidelines.**

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CLEAR LIQUID GUIDELINES:

- Water (plain, carbonated, or flavored)
- Apple or white grape juice
- Fruit-flavored beverages
- Carbonated drinks
- Jell-O (no red, purple, or blue)
- Tea or coffee without milk or cream
- Sports drinks, such as Gatorade (no red, purple, or blue)
- Clear, fat-free broth (bouillon)
- Honey or sugar
- Hard candy, such as lemon drops or peppermint rounds
- Popsicles with no milk, no bits of fruit, no seeds or no nuts (no red, purple, or blue)

CAN'T HAVE:

- Milk or dairy products
- Anything to Eat or drink containing the color red, purple, or blue
- Any alcoholic beverages
- Soups with meat, noodles or vegetables
- NO Orange Juice, lemonade, or anything containing pulp.

NOTE FOR DIABETIC PATIENTS:

A Pre-Op Nurse will provide instructions for the day and evening prior to your procedure. On the morning of your procedure do not take your diabetic medications. REMEMBER to closely monitor your blood sugar levels these. Choose sugar-free options from the list above. If you have any concerns about your diabetic medication and/or your blood sugar, please reach out to the doctor that manages your diabetes.

IMPORTANT:

You will be sedated during your procedure and will not be allowed to drive, walk, or use public transportation including (UBER, LYFT, Ride Shares, Taxi's, etc.) to get home. Please make sure that you have a friend or family member with you who can stay at the facility throughout your procedure, who can drive you home, and who is 18 years of age or older.

ADDITIONAL NOTES: