



UPPER ENDOSCOPY(EGD) INSTRUCTIONS

Cancellation

If for any reason you cannot keep your appointment, please advise our office at least 72 business hours (excluding weekends) in advance as there is a \$300.00 fee for late cancellations. It is our goal to provide you with the best possible care so it's very important that you understand and follow these instructions to ensure a pleasant experience.

Driver

You will not be allowed to drive yourself home after the procedure. Due to the nature of the medications you will be receiving during your procedure, you **MUST** have a responsible adult (friend or relative) who is at least 18 years old to drive you or escort you home afterwards. Taxi/Uber are not allowed unless someone is accompanying you.

One Week Before the Procedure

If you take Plavix, Coumadin, Warafirin, Pradaxa, Eliquis, Xarelto or any other blood thinning medications please discuss it with the provider who prescribed it. Avoidance of blood thinners is designed to minimize the risk of serious bleeding if a polyp is removed. If you are diabetic, do not take diabetic medication on the morning of your procedure. (You may take insulin the evening before; half P.M. dose). If you take blood pressure medication/s, take your morning medication the night before your procedure.

It is best to stop all aspirin (including baby aspirin) and anti-inflammatory medications such as Motrin, Advil, Aleve, Ibuprofen, Celebrex, Mobic, as well as all Iron supplements. Tylenol is okay to take.

Day before your procedure

DO **NOT** EAT ANYTHING AFTER MIDNIGHT. You may drink water up to 4 hours before your procedure. (By not adhering to these rules, your procedure will be either delayed or cancelled).

Additional Instructions

- Arrive to the surgery center **one hour** before your scheduled procedure time. The time of your procedure may change with short notice; please allow flexibility in your schedule.
- Bring a list of your medications including the dosages with you to the procedure center.
- Please bring a method of payment. The surgical center and anesthesia service may request payment at the time of service.
- Wear comfortable clothes that are easy to get into and out of.
- Do not wear necklaces, chains, bracelets, or earrings. You may wear your wedding band and a watch. Please leave all valuables at home.
- The medications given to you prior to the procedure can result in a mild amnesic effect making you sleepy up to one hour after the procedure. It is not uncommon for you to forget your conversation with the nurse and/or Dr. Berookim after the procedure. Patients are generally scheduled for a post- procedure office visit two weeks after the procedure to discuss the findings and biopsy results. **Following your procedure, please make sure to call our office to schedule your follow-up appointment.**