

Gastroenterology Associates

Gastroenterology and Hepatology

www.gastroassociates.org

GASTROSCOPY (EGD) INSTRUCTIONS

You have been scheduled for an exam of your esophagus, stomach and upper small intestine with a small, flexible video viewing tube. At the time of your exam you will be given intravenous medications to make you drowsy, relaxed and comfortable during your gastroscopy. We may take biopsies (small samples of tissue) or perform additional therapy as indicated (injection therapy, cautery, or dilation) during the exam. You will not feel biopsies being taken. After completely reading these instructions, please call our office at if you have any unanswered questions.

Your exam is scheduled with:	At the following Facility:	
<input type="checkbox"/> Harpreet Brar, MD <input type="checkbox"/> Rodney Joe, MD <input type="checkbox"/> James Kruidenier, MD <input type="checkbox"/> Benjamin Merrifield, MD <input type="checkbox"/> William Mitchell, MD <input type="checkbox"/> Bruce Silverman, MD <input type="checkbox"/> Kathryn Wagner, MD <input type="checkbox"/> Meimin Xie, MD	<input type="checkbox"/> Gastroenterology Associates Endoscopy Center (360) 413-8250 Memorial Medical Plaza 500 Lilly Road N.E., Suite 150 Olympia, WA 98506 Check-in at the Reception Desk in Suite 150 (1 st floor, turn left inside main entrance) <input type="checkbox"/> Providence St. Peter Hospital (360) 413-8250 Endoscopy Center 413 Lilly Road N.E. Olympia, WA 98506 Check-in at the Admission Desk in the Main Lobby	<input type="checkbox"/> Grays Harbor Community Hospital East Campus (360) 538-4343 1006 North "H" Street Aberdeen, WA 98520 Check-in at the Gastroenterology Associates (GI Clinic) Reception Desk <input type="checkbox"/> Mason General Hospital (360) 427-2733 901 Mountain View Drive Shelton, WA 98584 Check-in at the Front Desk in the Main Lobby
DO NOT HAVE ANYTHING BY MOUTH <u>5 HOURS</u> PRIOR TO YOUR CHECK-IN TIME		
Arrive at Facility: Day _____, Date _____, Time _____ AM/PM		

YOU MUST BRING A COMPANION TO DRIVE YOU HOME. We ask that your companion remain in the Endoscopy Center waiting area throughout your procedure and recovery. This is typically 1½ -2 hours from your check-in time. Your procedure may be rescheduled if you do not have a responsible adult to drive you home as your judgment and reflexes may be impaired due to the sedatives you will receive. You will not be able to drive, operate machinery, sign legal documents, drink alcoholic beverages, or go to work until the following day.

*****Turn sheet over for preparation instructions*****

GASTROSCOPY (EGD) PREPARATION INSTRUCTIONS

These instructions have been prepared to help you understand the preparation process. Please follow them carefully.

<u>IF YOU HAVE DIFFICULTY SWALLOWING OR ARE SCHEDULED FOR A DILATION</u> (stretching of the esophagus) during your gastroscopy, Unless otherwise indicated, STOP the following medications prior to your exam:			
7 Days Ahead	4 Days Ahead	3 Days Ahead	Day of Exam
<ul style="list-style-type: none"> ▪ Aspirin ▪ Iron tablets ▪ Plavix/Clopidogrel ▪ Aggrenox 	<ul style="list-style-type: none"> ▪ Blood thinners such as Coumadin/Warfarin 	<ul style="list-style-type: none"> ▪ Arthritis pills <u>and</u> anti-inflammatories such as Advil, Motrin, Ibuprofen, Aleve, Naprosyn, Relafen ▪ DO NOT stop prednisone unless directed by your physician 	<ul style="list-style-type: none"> ▪ Lovenox <u>12 hrs</u> ahead ▪ Diabetes medications (tablets or insulin) See Diabetes Instruction Sheet if you are a diabetic
*** You may continue Tylenol or acetaminophen if you normally take it ***			
<p><u>DAY OF EXAM:</u></p> <ol style="list-style-type: none"> 1. DO NOT eat any solid food after midnight the day of your exam. You may have clear liquids (See Clear Liquid List) until 5 hours prior to your check-in time. <u>DO NOT have anything by mouth during the 5 hours prior to your exam.</u> 2. DO NOT take diabetes medication (tablets or insulin). 3. DO take your regular morning blood pressure, heart, and lung medications with a sip of water up to one hour prior to your check-in time. 4. Wear comfortable clothing, including socks to keep your feet warm. Do not wear jewelry, pantyhose, tight belts, cologne or perfume. If your procedure is scheduled in Olympia at the Gastroenterology Associates Endoscopy Center, you may wear a <u>short</u> sleeved (not ¾ length) shirt during your exam. This does not apply to other facilities. 5. We recommend you DO NOT go out to eat immediately following your procedure. Resume eating and drinking according to your discharge instructions given to you the day of your exam. 		<p><u>CLEAR LIQUID LIST:</u> (Clear enough to read print through it)</p> <ul style="list-style-type: none"> • Plain Broth (chicken, beef, bouillon) • Apple Juice, White Grape Juice, Cranberry Juice • Gatorade, Sports Drinks, Soft Drinks • Black Tea, Black Coffee • Jell-0 • Popsicles • Water <p>REMINDER: Avoid clear liquids that contain red food coloring listed on its labeling along with dairy and Ensure type beverages.</p> <p style="text-align: center; margin-top: 20px;">***DO NOT HAVE ANYTHING BY MOUTH 5 HOURS PRIOR TO YOUR CHECK-IN TIME***</p>	

*****Turn sheet over for facility, arrival, and driver responsibility information*****