

Gastroenterology Associates

Gastroenterology and Hepatology


www.gastroassociates.org

- EGD (Gastroscopy) EGD with ENDOSCOPIC ULTRASOUND
 EGD with MANOMETRY EGD with PEG (Percutaneous Endoscopic Gastrostomy)

PREPARATION INSTRUCTIONS

Appointment: Day _____ Date _____ Arrival Time _____ am/pm Doctor _____

**You will be given intravenous sedation for this procedure
Read these instructions carefully**

7 Days Before	3 Days Before	Day of Procedure
<ol style="list-style-type: none"> 1. Regarding Aspirin: If you are on aspirin due to a heart problem, previous TIA, stroke, heart attack, blood clots (lung or leg) or other vascular problem, do NOT stop aspirin. If you are on aspirin for arthritis or simply as a general recommendation, do STOP it for this procedure. 2. Tylenol and Acetaminophen are okay to take. 3. Read this entire instruction sheet (front and back). 4. Read complete packet of materials included with this handout. 	<ol style="list-style-type: none"> 1. If you take Prednisone, do NOT stop it, unless otherwise directed. 2. Confirm with driver <div style="text-align: center;">  <p>No Driver = No Sedation</p> </div> <ol style="list-style-type: none"> 3. Remember to pre-pay per benefit letter or telephone call. 4. If you have difficulty swallowing foods, or foods stick when you swallow, STOP arthritis pills and anti-inflammatory medications such as Ibuprofen, Advil, Motrin, Aleve, Naprosyn, Relafen, etc. 	<ol style="list-style-type: none"> 1. DO NOT eat any solid food after midnight the day of your exam. You may drink clear liquids* (see back page) until five hours before your appointment, then STOP. 2. MEDICATIONS TO STOP: <ul style="list-style-type: none"> • If you are on Lovenox injections, stop 12 hours before your appointment • Do NOT take any diabetes medication after midnight the day of your exam 3. MEDICATIONS TO TAKE: (with a sip of water) <ul style="list-style-type: none"> • Do take prescription blood pressure, heart, lung, seizure, (narcotic) pain and psychiatric medications 4. Wear comfortable clothing and socks to keep your feet warm. 5. Do not wear jewelry, tight belts, pantyhose, cologne or perfume. 6. Leave money and other valuables at home. 7. Bring insurance card(s), co-pay (if required) and driver's license or photo ID.
<p>Special Instructions: Hold the following medications as indicated ONLY IF CHECKED BELOW:</p> <p><input type="checkbox"/> Antiplatelet agents such as: Dipyridamole (Aggrenox, Persantine), Clopidogrel (Plavix), Prasugrel (Effient): <i>Hold for _____ days before procedure</i></p> <p><input type="checkbox"/> Blood thinners such as: Warfarin (Coumadin), Pradaxa: <i>Hold for _____ days before procedure</i></p> <p>You will be given written instructions about restarting this medication after your procedure. Call our office if you don't receive those.</p>		

If you have questions call (360) 413-8250

***Read back of this form ***

Location, Tips and Other Information

Your procedure is scheduled at:

- Gastroenterology Associates Endoscopy Center (360) 413-8250**
Memorial Medical Plaza, **Suite 150** (1st Floor, turn left inside Main Entrance)
500 Lilly Road N.E., Suite 150, Olympia, WA 98506
- Providence St. Peter Hospital Endoscopy Center (360) 413-8250**
413 Lilly Road N.E., Olympia, WA 98506 (Admission Desk in Main Lobby)
- Mason General Hospital (360) 427-2733**
901 Mountain View Drive, Shelton, WA 98584 (Front Desk in Main Lobby)

In Planning Your Procedure, Have You Told Us If You:

- Could be pregnant. If you arrive for procedure possibly pregnant, your procedure may be rescheduled.
- Have had a recent hospitalization or major health event.

***Clear Liquids:** (should be clear enough to read print through it)

- Plain Broth (chicken, beef, vegetable, bouillon)
- Apple Juice, White Grape Juice
- Gatorade, Crystal Light, Sports Drinks, Soft Drinks
- Black Tea, Black Coffee
- Jell-O
- Popsicles
- Water

Avoid clear liquids with red food coloring or red dye such as “red 40” listed on its labeling; **Avoid dairy and Ensure** type beverages.

On Your Procedure Day:

- You must bring a driver at least 18 years of age with you to your procedure. Your companion should remain in the Endoscopy Center lobby throughout your procedure and recovery (read the Driver's Responsibilities form included).
- Plan to be at Gastroenterology Associates Endoscopy Center 2-2 ½ hours, at the hospital Endoscopy Centers 3-6 hours. Actual procedure time is much less than that.
- 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.
- If you take prescription blood pressure, heart, lung, seizure, (narcotic) pain or psychiatric medication daily, take your daily dose(s) as prescribed with a sip of water, including on your procedure day.
- Resume eating and drinking according to your discharge instructions given to you the day of your exam.
- We discourage going “out” to eat at a restaurant after your procedure, plan your first meal at home.
- At Gastroenterology Associates Endoscopy Center you may wear a short sleeved shirt during your procedure.

Visit our Website at www.gastroassociates.org to take a photo tour of our facility or obtain more information

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*****Read front of this form for full instructions*****