

Gastroenterology Associates

Gastroenterology and Hepatology


www.gastroassociates.org

GASTROSCOPY (EGD) PREPARATION INSTRUCTIONS

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

IF you have difficulty swallowing, food sticks when swallowing or you have been scheduled for a dilation (stretching of the esophagus), you should **STOP** the medications in the categories noted with an * below or as directed by your gastroenterology provider.

Special Instructions: _____

Day of Procedure		
7 Days Before	4 Days Before	3 Days Before
<ul style="list-style-type: none"> <input type="checkbox"/> *Antiplatelet agents such as: Aggrenox, Plavix, Clopidogrel <input type="checkbox"/> 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. <input type="checkbox"/> Tylenol and Acetaminophen are okay to take <input type="checkbox"/> Read Instruction sheet (front and back) <input type="checkbox"/> Read Drivers Responsibilities sheet <input type="checkbox"/> Read Patient Rights and Responsibilities sheet <input type="checkbox"/> If diabetic, read Pre-Procedure Diabetes Medication Instruction sheet 	<ul style="list-style-type: none"> <input type="checkbox"/> *Blood thinners such as: Warfarin, Coumadin <input type="checkbox"/> Confirm driver <div style="text-align: center; margin: 10px 0;">  </div> <p>No Driver = No Sedation</p>	<ul style="list-style-type: none"> <input type="checkbox"/> *Arthritis pills and anti-inflammatories such as: Ibuprofen, Advil, Motrin, Aleve, Naprosyn, Relafen <input type="checkbox"/> Do NOT stop Prednisone unless directed by your physician
<ul style="list-style-type: none"> <input type="checkbox"/> Do NOT take any diabetes medication <input type="checkbox"/> If you are on Lovenox injections, stop 12 hours before appointment <input type="checkbox"/> DO NOT eat any solid food after midnight the day of your exam. You may have clear liquids (See Clear Liquid List on back of sheet) until 5 hours before your appointment then Stop drinking all fluids <input type="checkbox"/> DO take blood pressure, heart, lung, seizure, and psychiatric medication <input type="checkbox"/> Wear comfortable clothing, including socks, to keep your feet warm <input type="checkbox"/> Do not wear jewelry, tight belts, pantyhose, cologne or perfume <input type="checkbox"/> Leave money and other valuables at home <input type="checkbox"/> Your driver must remain in the Endoscopy waiting area during your stay, approximately 1½ - 2 hours from your arrival time <input type="checkbox"/> Bring insurance card(s), co-pay (if required), and driver's license or photo ID 		

If you have questions call (360) 413-8250 *Read back of this form for tips and other information*****

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
- Have had a recent hospitalization or major health event

On Your Procedure Day:

- You must bring a driver at least 18 years of age with you to your procedure. We ask that your companion remain in the Endoscopy Center waiting area throughout your procedure and recovery (Read the Driver's Responsibilities form included).
- Plan to be here 1½ - 2 hours. Procedure time will be 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.
- We discourage going "out" to eat at a restaurant after your procedure; plan your first meal at home.
- Resume eating and drinking according to your discharge instructions given to you the day of your exam.
- At Gastroenterology Associates Endoscopy Center in Olympia 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

Clear Liquid List: (Clear enough to read print through it)

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

REMINDER: Avoid clear liquids that contain **red food coloring** listed on its labeling; Avoid dairy and Ensure type beverages.

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