



Associates in Gastroenterology, P.C.  
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## EGD GENERAL INSTRUCTIONS

### IMPORTANT: STOP THE FOLLOWING :

PLEASE CHECK WITH THE DOCTOR WHO PRESCRIBED THESE FOR YOU BEFORE STOPPING THEM:

- ◆ **7 Days Prior To Your Procedure:**
  - All aspirin and NSAID's (Aleve, Motrin, Advil, Naprosyn, Ibuprophen, Ecotrin, baby aspirin, Excedrin, etc.)
  - All Anti-platelet medications: Plavix (clopidogrel), Pletal, Ticlid, Aggrenox, Anagrelide, Effient, —or any other blood Thinners not listed
- ◆ **5 Days Prior To Your Procedure:**
  - All blood thinners (Coumadin, Warfarin, Jantoven, etc.)
  - Pradaxa, Xarelto (rivaroxaban), Eliquis (Apixaban)
- ◆ **2 Days Prior To Your Procedure:**
  - Iron supplements
- ◆ **12 Hours Prior To Your Procedure:**
  - Lovenox.

### THE DAY BEFORE THE PROCEDURE:

- You may eat and drink normally

### THE DAY OF YOUR PROCEDURE:

- **NO SOLID FOOD**
- You may have MODERATE AMOUNT of clear liquids up to 6 hours before the procedure.
- Clear liquids include (most any liquid you can see through—NO RED OR PURPLE) water, clear broth, apple juice, white cranberry juice, white grape juice, ginger ale, 7 up – (no coke or colored pop), plain gelatin, , lemonade, kool aide, Gatorade, crystal lite type drinks, coffee or tea without additives such as cream or non-dairy creamer
- Must stop drinking 6 hours before your scheduled procedure time.
- **Nothing to drink after**
- **AND NO SOLID FOOD TILL AFTER YOUR PROCEDURE IS COMPLETED. IF YOU DO NOT STOP DRINKING SIX HOURS BEFORE YOUR PROCEDURE —YOUR PROCEDURE MAY BE CANCELLED.**
- Be sure to bring your medication list with you
- You will have anesthesia / sedation for this exam (unless you specifically ask not to) and **will need to have a driver home**. Taxi cab will not be sufficient. **IF YOU DO NOT HAVE A DRIVER HOME YOUR APPOINTMENT WILL BE CANCELLED / RESCHEDULED.**
- You will not be allowed to drive or go back to work until the day after the procedure

- ❖ If you take heart, blood pressure, or seizure medication routinely -- the morning of your procedure you may take the medication up to 2 hours before your procedure with **small amount of water**.
- ❖ Insulin—take ½ dose depending on AM glucose level.
- ❖ Oral glucose medication—**DO NOT TAKE**.

Your Appointment is scheduled for:

Date: \_\_\_\_\_

At Endoscopy Center of Colorado Springs. (same address as office)  
2940 N.Circle Drive.

At Penrose Main Hospital, 3<sup>rd</sup> floor GI Lab.

At St. Francis Medical Center / 6001 E Woodmen RD

Check in at first floor registration—they will direct you to the GI Lab.

**Call 776-8010 one (1) week prior to your procedure to pre-register & to schedule your pre-procedure phone interview.**

Check in Time: \_\_\_\_\_

Procedure Time: \_\_\_\_\_

Your procedure is scheduled with :

- Dr. Van Os
- Dr. Lunt
- Dr. Howden
- Dr. Garza
- Dr. Cesario
- Dr. Kavanaugh
- Dr. Baker