

Upper Endoscopy (EGD) Prep

Date of Procedure: _____ Arrival Time: _____

If you normally take a prescribed blood thinner like Pletal (Cilostazol), Jantoven, Plavix (Clopidogrel), Coumadin, Warfarin, Persantine (Dipyridamole), Eliquis (Apixaban), Aggrenox, Xarelto or Pradaxa (Dabigatran) then we have contacted your prescribing physician to make sure that it is okay for you to stop for the recommended number of days.

You will need to stop your blood thinner _____ days prior to your procedure.

FOUR DAYS BEFORE PROCEDURE: Discontinue multivitamins as well as iron, herbal and homeopathic supplements (unless advised by a physician).

IMPORTANT! If you are taking one of THE LATEST WEIGHT LOSS OR DIABETIC MEDICATIONS. Then you will need to be on a clear liquid diet the day prior to your procedure. These medications may delay emptying of your stomach thus the need to avoid solid food the day prior.

DAY OF PROCEDURE:

It is extremely important for you to follow dietary restrictions.

- After midnight, **NO SOLID FOOD OR MILK PRODUCTS**
- Then, ONLY clear liquids are allowed up to 3 hours prior to procedure

Example of clear liquids:

- Black coffee ONLY- NO CREAM
- Broth, Jell-O, popsicles
- Gatorade (NO red or purple), tea, clear soft drinks, and water

- **Stop drinking 3 hours before your procedure**

You are to have NOTHING by mouth 3 hours prior to your procedure.

**** YOU SHOULD USE INHALERS, AND TAKE HEART, BLOOD PRESSURE, SEIZURE, ANTI-ANXIETY, AND RESPIRATORY MEDICATIONS (NO BLOOD THINNERS OR DIABETIC MEDICATIONS). YOU SHOULD TAKE THESE AT LEAST 3 HOURS BEFORE YOUR PROCEDURE.**

**** IF YOU ARE DIABETIC, DO NOT TAKE YOUR MEDICATIONS BUT PLEASE BRING THEM WITH YOU. YOU MAY WANT TO CHECK YOUR BLOOD SUGAR. CALL US FOR HIGH BLOOD SUGARS > 350. PROCEDURES ARE CANCELED FOR BLOOD SUGARS OF 400 OR GREATER. IF YOU ARE CONCERNED ABOUT YOUR BLOOD SUGAR DROPPING, CONSIDER PURCHASING GLUCOSE TABLETS.**

**** DO NOT TAKE HEPARIN OR LOVENOX ON THE DAY OF PROCEDURE**

**** YOU MUST HAVE SOMEONE TO DRIVE YOU TO THE FACILITY, REMAIN ON THE PREMISES AND THEN DRIVE YOU HOME.**