

## **DIGESTIVE DISEASE CONSULTANTS**

### **PATIENT INSTRUCTIONS FOR EGD**

Your procedure is scheduled on \_\_\_\_\_. Please arrive at \_\_\_\_\_ AM / PM.

\*\*\*\*HOLD any blood thinners (\_\_\_\_\_), \_\_\_\_ days prior to the procedure.

#### **DAY BEFORE THE PROCEDURE:**

1. Eat regular meals. NO SOLID FOODS AFTER 10 PM.
2. Daily medications can be continued **up to midnight**. If you are taking blood pressure medications, see additional instructions for day of procedure below.
3. You may have clear liquids **up to 6 hours prior to procedure time**.

#### **CLEAR LIQUIDS INCLUDE:**

- Water, Coffee (Black) and Tea
- Clear fruit Juices (Apple, White Grape and White Cranberry)
- Soda (Diet and Regular), Gatorade, Popsicles, Jell-O (No Red)
- Broth and Boullion (Up to midnight)
- Ensure (Limit of 2 up to midnight)

#### **DAY OF PROCEDURE:**

1. You may brush your teeth.
2. You need a driver to take you home. Public transportation and taxis are **NOT** allowed.
3. Take blood pressure medications with a sip of water unless otherwise specified.
4. Please bring with you:
  - Photo ID and Insurance card(s)
  - Completed Medication List – Medications **MUST** be written out. NO pre-printed, copied or lists from previous visits will be accepted.
  - Patient's Bill of Rights Form
  - Reading glasses, if applicable

**No clear liquids 6 hours prior to your procedure, except for the sip of water with blood pressure medications, or the procedure may be cancelled.**

Please contact the office at 407-830-8661, ext 120, with any questions.