

# EGD Prep Instructions

Name: \_\_\_\_\_ Check-In Time: \_\_\_\_\_  
Appointment date: \_\_\_\_\_ Appointment time: \_\_\_\_\_  
Location: \_\_\_\_\_ Physician: \_\_\_\_\_

You may contact the Digestive and Liver Clinic between 8 AM-5 PM, Monday-Friday and the on-call physician during non-business hours including weekends and holidays at **214-645-0595**.

## 5 days before

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- Arrange for someone to pick you up following your appointment. You will not be able to drive.
- It is **ok** to keep taking aspirin.
- For patients with diabetes who are taking insulin, please call your prescribing physician for instructions.
- Please inform our office if you are taking blood thinners such as Effient, Eliquis, Pradaxa, Plavix, Xarelto, or Coumadin. You may require further instructions.

## 1 day before

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- You may eat normally until **6:00 PM**, then only clear liquids after that time.
- Clear liquids include strained fruit juices (no pulp): apple, white grape, broth, water, Gatorade, Popsicles, Jell-O, coffee or tea (with no creamer).
- At night, take all the medications you normally take unless instructed otherwise by your physician or our clinic.

## Day of procedure

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- **The morning of the procedure**, take your usual medicines with a few sips of water. Follow the instructions your prescribing doctor gave regarding your diabetic medications including insulin.
- You can drink **only clear liquids up to 2 hours before** your procedure, then do not eat or drink anything.

## Upon arrival

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- Bring your insurance card and a picture ID but leave all other valuables at home.
- Expect the whole process (registration, pre-op, procedure and recovery) to take about 3 to 4 hours.
- Children under 12 are not allowed in the waiting room. Please make other arrangements for childcare.

- You **must** have a responsible adult to take you home. We cannot let you leave on your own or in hired transportation (such as a cab or a ride-hailing service). Your responsible party will be notified in the waiting area or called when you are ready to leave.