

Gastroenterology Specialists, Inc.

Have questions about your prep?

Start here!

Date of Exam: _____

Arrival Time: _____

Provider: _____



EGD Preparation Instructions

To avoid possible procedure cancellation:

1. Do not eat or drink anything before your procedure as explained below
2. Arrive for your procedure **45 minutes** before your scheduled procedure time
3. Bring a responsible adult who can remain at GSI throughout your entire procedure

- ⇒ Stop smoking two weeks before your procedure. Smoking irritates your airway and increases your risk of anesthesia complications.
- ⇒ Consult with your physician before stopping any medications listed below. If you take 81mg Aspirin for heart protection, **DO NOT STOP IT.** After consulting with your physician, **STOP TAKING:**

7 Days before your procedure	5 Days before your procedure	3 Days before your procedure	2 Days before your procedure
<ul style="list-style-type: none">• Plavix (Clopidogrel)• Aggrenox• Effient (prasugrel)	<ul style="list-style-type: none">• Brilinta (Ticagrelor)• Coumadin (warfarin)• Fish oil	<ul style="list-style-type: none">• Iron and Bulk Laxatives• Metamucil• Effersyllium• Avoid high-fiber foods	<ul style="list-style-type: none">• Eliquis• Pradaxa• Xarelto

The day before your procedure

- * **After midnight, DO NOT:**
 - Eat food, mints, or candy
 - Drink anything, including water
 - Chew tobacco
- * **Diabetic Patients:** Take 1/2 dose of your PM insulin the day before your procedure.

On the day of your procedure

- * You may brush your teeth.
- * **Diabetic Patients:** Do not take any insulin or diabetic medication by mouth the day of your procedure **UNLESS** your blood sugar is higher than 300g/dL. If this occurs, take insulin according to your sliding scale.
- * **High Blood Pressure Patients:** Take your morning dose of blood pressure medication.
- * **Any female who has had a menstrual period within the last year will be required to take a urine pregnancy test upon arrival. Please do not urinate immediately before admission.**



GASTROENTEROLOGY SPECIALISTS, INC.

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Home Care Instructions After Your Procedure

During your procedure you will be given medication that may affect your memory of the day's events. Other normal side effects of the medicine may include confusion, irritability, drowsiness or a drunken-like state. Resting at home is the best way to recover.

Your speech, posture, hand control, and ability to work may be affected for 24 hours. A responsible person needs to drive you home after the procedure, and someone should stay with you for your safety until the effects of the medication have subsided.

- * Do not make any important decisions or sign important documents for 24 hours.
- * Do not drive or operate any machinery for 24 hours.

After your procedure, resume your usual diet unless instructed otherwise by your physician.

Do not drink alcoholic beverages for 24 hours.

If you take blood thinning medication you should ask your physician when it is safe to resume.

If you take prescription medicines on a regular basis, ask your physician which ones you should take after your procedure.

Do not take any muscle relaxants, sedatives, hypnotics or mood altering medicines for 24 hours unless ordered by your physician. If you have pain, you may take over the counter medicines such as Tylenol.

Call your physician if you have any of the following symptoms after your procedure:	
<ul style="list-style-type: none">• Blue Skin• Unable to Arouse• Bleeding	<ul style="list-style-type: none">• Difficulty Breathing• Pain Not Relieved by Medicine• Fever or Chills

GSI Phone Number: (918) 940-8500

www.gsitulsa.com