



EGD Preparation Instructions

- ◆ You will not know your arrival/check-in time until 1-2 days prior to your scheduled procedure date. Please make sure that your voicemail box is set up & that is isn't full. Please make sure you check your messages so that you don't miss important information.
- ◆ You must have a responsible person 18 years or older to escort you to and from the facility.

3-5 DAYS PRIOR TO YOUR PROCEDURE - Discontinue any blood thinning medications

- Aspirin, Motrin, Ibuprofen, Diclofenac, Mobic, Excedrin, Aleve, etc. should be discontinued.
- Tylenol products are not restricted.
- If you are on Coumadin, Plavix, Eliquis, Pradaxa, Xarelto, Savaysa, Prasugrel, Brilinta, Cilostazol, Aggrenox etc. prescribed by a physician, you **MUST call the prescribing physician** to ensure it is safe to discontinue prior to your procedure and follow their instructions.

DAY OF EXAM:

- Nothing to eat after midnight the night before your procedure. ***Note:** if your arrival time is not until after 1 pm, you can have food up until 8 hrs prior to that time. * You may continue clear liquids until 3 hours prior to your arrival time. You **MUST NOT** take anything by mouth after that.
- Come with someone (18 yrs or older) to drive you home.
- Make sure to arrive at your assigned time.

TRANSPORTATION

To ensure your comfort, IV sedation is given for this exam. You must have a responsible companion, family member, or friend 18 years of age or older to escort you to and from the facility and stay with you for several hours after your procedure. You **MAY NOT** go home alone in a taxi, shuttle van, or bus as these drivers will not be responsible for you. If you receive the IV sedation, you **MAY NOT DRIVE** until the following day.

HEALTH CONCERNS

- **Diabetic Patients:** please contact your primary doctor for diet and medication instructions and ensure Utah Digestive Health is aware so we can adjust your procedure time accordingly. Test your blood sugar before coming in for your procedure & bring the reading with you.
- **All other medications:** You can take blood pressure and seizure medications the day of your exam with water. **DO NOT** take your other regular medications the morning of your procedure unless you have okay'd it with your physician.

BILLING INFORMATION

For this procedure, there will be several different billings.

- Physician
- Facility
- Anesthesia
- Pathology (lab & review of biopsies -the pathologist)

If you have questions concerning your prep instructions, you can reach our office during regular office hours (M-Th 8 am-5 pm & F 8:30 am-2 pm) at Ph# 801-776-7131. Or **text** your specific provider's medical assistant at the following #: **Dr. Poole # 385-888-7781 or Dr. Redd # 385-492-6633. For after-hours questions, you will need to call # 801-625-3170 & speak to the on call provider.**