

Name: _____

EGD Instructions

Please enroll in our Patient portal (Follow my Health). Please go to our website www.LafayetteGastro.com and click on "Patient Portal Icon". This is a very important service, as notification of your test results will be done through the patient portal.

7 days before the procedure

- Read the prep instruction sheet. There may be some medicines you need to stop.
- Arrange a driver, who will observe you for at least 4 hours, and preferably overnight.
- If you have pacemaker, defibrillator or nerve stimulator, fax both sides of card to 765-807-0534, along with the name of the physician who placed the device.
- Call your cardiologist to fax us the pacemaker clearance form, if you have a pacemaker or defibrillator.
- Check with your prescribing physician if you are not sure if a particular medication needs to be stopped.
- Read our cancellation policy shown in the box below.

3 days before procedure

- Read again and familiarize yourself with the instructions.
- Check with your cardiologist if they have faxed the pacemaker/AICD form (if you have one).

Check list before your leave home for procedure. Bring with you:

- Any forms, sent from our office to be completed. Living will and Power of Attorney paperwork.
- Driver's license.
- Current insurance card, copayment.
- Portable C-PAP machine, if you use one.
- Medicine list, medicine bottles, copies of any labs, ultrasound, CT, previous procedure report.
- Pacemaker/defibrillator/ nerve stimulator card (Fax both sides to us a week in advance).
- If you have a nerve stimulator, turn it off before you leave home.
- If you have an insulin pump, please speak to your endocrinologist for recommendations.
- Portable oxygen (even if you use only at night time.)

**No comas o bebas nada después de la media noche. Necesitas un conductor para que te lleve a la casa.
Por favor, lee cuidadosamente y entiende todas las instrucciones.**

Please enroll in our Patient Portal (Follow My Health). Please go to our website, lafayettegastro.com and click on Patient Portal icon. This is a very important service, as notification of your test results will be done through the patient portal. Please cancel procedure 3 Business days in advance to avoid charge of \$50.

Name: _____

Please bring power of attorney and living will paper work, if patient unable to consent.

EGD (upper endoscopy) is a test performed under conscious sedation (twilight sleep). A flexible tube (with a video camera) is passed into the mouth and advanced into the stomach. Risks of this test include, but are not limited to; bleeding, infection, pain, medication reactions, cardiac or respiratory arrest which may lead to brain damage or quadriplegia, perforation (tear of internal organs), blood transfusion and its risks, pancreatitis, need for surgery, ICU stay, and rarely death. *Some procedures are scheduled directly, without an office consultation. However, if you wish to first have a consultation with the doctor in the office, to discuss the procedure, sedation, risks and complications, alternatives etcetera, please notify our office and schedule a clinic visit instead.*

You have been scheduled for an E.G.D. on _____ / _____ /20

Please register at the Endoscopy Department/GI Lab at: _____ a.m./p.m. **(DO NOT CHEW GUM.)**

(Bring all your medication bottles and lab results with you. If you have portable CPAP machine, bring it with you. We will need a urine sample on arrival from women in childbearing age.)

To prepare for the procedure, we ask you to follow these directions:

You must arrange for a ride to and from the hospital/surgical center. You will be sedated for the procedure. The majority of the sedation will wear off prior to your leaving the hospital, but you may not operate an automobile or perform any complex tasks for 24 hours after receiving the sedation. You may not take public transportation after procedure. You need someone to observe you for at least 4 hours after you reach home. Allow 3-4 hours total time for admission, procedure, and recovery.

1. Stop 7 days before the procedure:

- Aspirin (check with your cardiologist or neurologist). Avoid Ecotrin, Excedrin and Bufferin.
- Nonsteroidals like ibuprofen, Feldene, Relafen, Aleve, Celebrex, Naprosyn Motrin, Midol etc.
- Metamucil, fish oil, flaxseed, vitamin D, omega-3 fatty acids.
- Iron pill, vitamins, and weight loss medications such as Meridia and Olestra.
- Herbal medications including Ginseng, Ginkgo biloba etc.
(You can continue Tylenol, ultram, hydrocodone, lortab, Soma, Lyrica, Neurontin, narcotics.)

2. Stop 5 days before the procedure:

- Coumadin, Plavix, Effient (please obtain approval from your cardiologist, neurologist, or primary care physician to stop these.)

3. Stop 3 days before the procedure:

- Fatty and greasy foods.
- Eliquis, Xarelto, Savasya and Pradaxa (check with your cardiologist or neurologist).

4. Do not take on the morning of the procedure:

- Insulin or diabetic medication (check with your primary care physician for approval) or Lovenox.

5. Medications allowed on the morning of your procedure with few sips of water:

- Blood pressure medications, heart medications.
- Seizure medications.
- Breathing medication, anxiety, depression medications, routine pain medications and medications like Tylenol, hydrocodone (avoid aspirin and nsaid)

No food or drink should be taken after midnight (the night before your scheduled procedure). You may take your regular medications (including blood pressure medications, heart medications, chronic pain medications, seizure and anxiety medications) with small sips of water unless otherwise instructed by your physician.

If you are scheduled in the afternoon, you may only have clear liquids on the day of your procedure until 4 hours before the procedure. (apple or grape juice, jello with no fruits, clear soups, clear broth, black tea or coffee, etc). No dairy or creamer. Do NOT drink anything for 4 hours prior to arrival. Stop all clear liquids at _____ a.m.

If you need to cancel or change your appointment, or if you have any questions, please contact 765-807-0531. Please cancel procedure 3 business days in advance to avoid charge of \$50.

Unity Surgical Center – **2nd Floor** 1411
S. Creasy Ln., Ste. 200, Lafayette, IN
765.446.5000 (2nd Floor Above
Orthopaedics Clinic

Endoscopy Center – Franciscan St. Elizabeth East
1701 Creasy Ln., Lafayette (**use North Entrance**)
765.502.4750 (**Please call 423-6160 TODAY to pre-register**)

Please bring all your lab tests and previous endoscopy reports. You cannot drive until the next day. You need someone to observe you for at least 4 hours after you reach home.