



## EGD (Esophagogastroduodenoscopy) Instructions

### READ ALL INSTRUCTIONS WITHIN A WEEK BEFORE YOUR PROCEDURE

If you have questions, please call our office 303-788-8888, or visit [www.southdenvergi.com](http://www.southdenvergi.com).

#### 7 DAYS PRIOR TO PROCEDURE

- **STOP** Iron Supplements a week before the colonoscopy as they can be constipating.
- If you take **BLOOD THINNERS** we will obtain authorization from your prescribing doctor. We will call you with specific instructions. If we have not called you within 7 days of your procedure, please call our office immediately.
- If you take **Warfarin, Coumadin, or Jantoven**, you must have your **PT/INR** checked the day before your procedure. We will give you specific instructions for this test.
- **DO NOT STOP** heart, blood pressure or other regular medication unless your doctor instructs you to do so.
- You may continue to take aspirin as prescribed.
- If you are scheduled to have anesthesia, the anesthesiologist may contact you to review your medical history, medications and allergies.
- If you are on medication for **DIABETES**, check with the doctor that prescribes it because you may need a dose change the day before or the day of your procedure.
- If you take a prescription type weight loss medication such as **Phentermine** you must hold it for 7 days before the procedure.
- If you use inhalers or a CPAP, please bring them with you

DATE: \_\_\_\_\_

#### THE DAY BEFORE THE EGD

- It is important for the stomach to be empty so the physician can see the entire area and to prevent the possibility of vomiting during the procedure.
- **NO SOLID FOOD AFTER MIDNIGHT THE NIGHT BEFORE YOUR EGD.**
- **YOU MAY HAVE CLEAR LIQUIDS FROM THIS LIST UNTIL 4 (FOUR) HOURS BEFORE THE PROCEDURE:**
- Clear Broth (Chicken, Vegetable or Beef Bouillon)      Broth or Consommé      Tea
- Coffee (No cream, milk or non-dairy creamer)      Kool-Aid (No red or purple)      Gatorade/PowerAde
- White Cranberry Juice      Apple Juice      Lemonade/Limeade
- Italian Ices / Popsicles      Jell-O      Hard Candy
- **YOU MAY NOT HAVE** anything red or purple (as they can stay in the GI tract and look like blood), milk, milk products, non-dairy creamers, orange or grapefruit juice. We strongly suggest no alcoholic beverages

DATE: \_\_\_\_\_

#### THE DAY OF THE EGD

- **AFTER \_\_\_\_\_ (4 hours prior to your procedure) YOU MAY NOT DRINK ANY MORE LIQUIDS, INCLUDING WATER**
- You may brush your teeth and rinse your mouth but do not swallow any liquids.
- You may take your time sensitive medication, regardless of color, with a very small sip of water.