

# INSTRUCTIONS FOR Upper Gastrointestinal Endoscopy (also called EGD: EsophagoGastroDuodenoscopy)

## READ ALL INSTRUCTIONS CAREFULLY

### REPORT TO:

Pacific Gastroenterology Endoscopy Center, 26421 Crown Valley Pkwy. # 140B, Mission Viejo.

*Date* \_\_\_\_\_ *Arrival Time* \_\_\_\_\_

- 1) If you are taking **blood thinning medicines like Coumadin (Warfarin), Pradaxa, Xarelto or Plavix**, please consult your doctor. You may need to stop these medications for up to 7 days prior to your procedure.
- 2) Do not eat or drink (except for your usually prescribed pills) after midnight on the night before your test and please eat **NO BREAKFAST** on the morning of your examination.
- 3) **MEDICATIONS**
  - (a) **On the evening prior to your examination:** Take your usually prescribed medications.
  - (b) **On the morning of the procedure:** Take your usually prescribed medications with water before 6 AM. If you are a **DIABETIC**, please discuss with your doctor scheduling this test, what you should do with your insulin on the morning of the procedure.
- 4) **Arrive for Endoscopy at your scheduled time.**
- 5) You will probably require some medication by vein for the procedure to relax you. This medication may make you sleepy for a few hours. If you receive this medication you will be required to remain here at the Endoscopy Center for 1 to 2 hours after the procedure is completed for observation.
- 6) If you receive this relaxing medication by vein, you cannot safely drive yourself home after the test. Therefore, plan on having someone bring you to the Endoscopy Center and return you home after the procedure. Likewise, you should not plan on operating any heavy or dangerous machinery until the day after the procedure.
- 7) Wear loose comfortable clothing. Please wear or bring a pair of socks with you.



If there are any questions regarding the procedure or its scheduling, please call our office at (949) 365-8836.