

# Gastro Health

GastroHealth.com/Olympia

EGD (Gastroscopy)

EGD with ENDOSCOPIC ULTRASOUND

EGD with MANOMETRY

## PREPARATION INSTRUCTIONS

Appointment Day \_\_\_\_\_ Date \_\_\_\_\_ Arrival Time \_\_\_\_\_ am/pm Doctor \_\_\_\_\_

**You will be given intravenous sedation for this procedure. Read these instructions carefully.**

SEVEN (7) DAYS BEFORE	THREE (3) DAYS BEFORE	DAY OF PROCEDURE
<ol style="list-style-type: none"> <li>1. <b>Regarding Aspirin:</b> If you are on aspirin due to a heart problem, previous TIA, stroke, heart attack, blood clots (lung or leg) or other vascular problem, do <b>NOT</b> stop aspirin. If you are on aspirin for arthritis or simply as a general recommendation, do STOP it for this procedure.</li> <li>2. Tylenol and Acetaminophen are <b>okay to take</b>.</li> <li>3. Read this entire instruction sheet (front and back).</li> <li>4. Read complete packet of materials included with this handout.</li> </ol>	<ol style="list-style-type: none"> <li>1. If you take Prednisone, do <b>NOT</b> stop taking it unless otherwise directed.</li> <li>2. Confirm with driver. <b>No</b> driver = <b>No</b> sedation.</li> <li>3. If you have difficulty swallowing foods, or food sticks when you swallow, <b>STOP</b> anti-inflammatory medications (including those taken for arthritis) such as: Ibuprofen, Advil, Motrin, Aleve, Naprosyn, Relafen.</li> </ol>	<ol style="list-style-type: none"> <li>1. DO NOT eat any solid food after midnight the day of your exam. <u>You may drink <b>clear liquids</b>* (see back page) until <b>five hours before</b> your arrival time, then <b>STOP</b>.</u></li> <li>2. MEDICATIONS TO <b>STOP</b>:               <ul style="list-style-type: none"> <li>▪ If you are on Lovenox injections, stop 12 hours before your appointment.</li> <li>▪ Do <b>NOT</b> take any diabetes medication after midnight the day of your exam.</li> </ul> </li> <li>3. MEDICATIONS TO <b>TAKE</b>: (<i>with a sip of water</i>)               <ul style="list-style-type: none"> <li>▪ <b>Do take</b> prescription blood pressure, heart, lung, seizure, (narcotic) pain, and psychiatric medications.</li> </ul> </li> <li>4. Wear comfortable clothing and socks to keep your feet warm.</li> <li>5. Do <b>not</b> wear jewelry, tight belts, pantyhose, cologne or perfume. Leave money and other valuables at home.</li> <li>6. Bring insurance card(s), copay (if required) and driver's license or photo ID.</li> <li>7. Do <b>NOT</b> smoke the day of your procedure.</li> </ol>

**Special Instructions: Hold the following medications as indicated ONLY IF CHECKED BELOW**

- Antiplatelet agents** such as Dipyridamole (Aggrenox, Persantine), Clopidogrel (Plavix), Prasugrel (Effient): *Hold for \_\_\_\_\_ days before procedure.*
- Blood thinners** such as Warfarin (Coumadin), Pradaxa: *Hold for \_\_\_\_\_ days before procedure.*

You will be given written instructions about restarting this medication after your procedure. Call our office if you didn't receive those.

**If you have questions, call 360.413.8250. \*\*\*Read the back of this form for location, tips and other information.\*\*\***

## Location, Tips and Other Information

### Your Procedure is Scheduled at:

- Gastroenterology Associates Endoscopy Center (GAEC)**  
209 Lilly Road NE, Suite A, Olympia, WA 98506 | 360.413.8250  
(1st Floor, turn right just inside of the Main Entrance)  
If your weight is  $\geq$  350 lbs or your BMI is  $\geq$  50, we cannot perform your procedure at GAEC.  
Please contact us with increased weight or BMI after being scheduled for procedure.
  
- Providence St. Peter Hospital Endoscopy Center**  
413 Lilly Road NE, Olympia, WA 98506 | 360.413.8250  
(Check in at Admission Desk in Main Lobby)

### In Planning Your Procedure, Have You Told Us If You

- Could be pregnant. If you arrive for your procedure possibly pregnant, your procedure may be rescheduled.
- Have had a recent hospitalization or major health event (since we last saw you or since we completed your pre-procedure questionnaire by phone).

### \*Clear Liquids Include

- Plain broth (chicken, beef, vegetable, bouillon)
- Apple juice, white grape juice
- Gatorade, Crystal Light, sports drinks, soft drinks
- Black tea, black coffee
- Jell-O
- Popsicles
- Water
- **Avoid clear liquids with red food coloring or red dye such as “Red 40” listed on its labeling. Avoid dairy and Ensure type beverages.**

### On Your Procedure Day

- You must bring a driver at least 18 years of age with you to your procedure. Your companion should remain in the Endoscopy Center lobby throughout your procedure and recovery (read the Driver's Responsibilities form included).
- Plan to be at GA Endoscopy Center 2-2½ hours, at the hospital Endoscopy Center 3-6 hours. Actual procedure time is much less than that.
- Your judgement and reflexes may be impaired due to the sedatives you will receive. You will not be able to drive, operate machinery, sign legal documents, drink alcoholic beverages or go to work until the following day.
- If you take prescription blood pressure, heart, lung, seizure, (narcotic) pain or psychiatric medication daily, please take your daily dose(s) as prescribed with a sip of water, including your procedure day.
- Resume eating and drinking according to your discharge instructions given to you the day of your exam.
- We discourage going “out” to eat at a restaurant after your procedure; plan your first meal at home.

**Visit our website at [GastroHealth.com/Olympia](http://GastroHealth.com/Olympia) to obtain more information about our practice.**

**If you have questions, call 360.413.8250 \*\*\*Read the front of this form for full instructions\*\*\***