

**EGD PREP**

The following instructions are your physician’s specific instructions. Please follow these instructions carefully to ensure a successful prep.

You can reach Your Patient Advisor at **800.349.0285** | You can reach your physician’s office at **253.272.5127**

**Special Note:** If you are taking blood thinner medications, have a pacemaker or a defibrillator, call our office and speak to a nurse.

Seven (7) Days Prior to Procedure	Three (3) Days Prior to Procedure	One (1) Day Prior to Procedure	Day of Procedure
<p><b>Review your prep instructions thoroughly.</b></p> <p>If you are taking blood thinner medications, have a pacemaker or defibrillator, call our office and speak to a nurse.</p> <p>Continue your other medications.</p>	<p>If you are diabetic and taking insulin, consult your diabetes physician for the correct dosage to take on the day of your exam.</p> <p><b>YOU MUST ARRANGE A DRIVER WHO WILL STAY WITH YOU AND DRIVE YOU HOME.</b> Please inform your driver this will take about 2 hours.</p>	<p>You should adhere to your usual diet today.</p> <p><b>NO FOOD</b> to eat after midnight.</p> <p>You may drink clear liquids up until <b>3 hours</b> prior to your procedure.</p> <p><b>NO USE OF MARIJUANA</b> (THC products) 12 hours prior to your procedure.</p>	<p><b>NO FOOD</b> on the day of your procedure.</p> <p>Follow the <b>*Clear Liquid diet</b> instructions until 3 hours prior to your procedure.</p> <p>If you take daily medication, you may take it with <b>SMALL SIPS OF WATER ONLY</b>, at least <b>3 hours</b> before your procedure.</p> <p><b>3 HOURS PRIOR TO YOUR PROCEDURE</b>, nothing by mouth until after the procedure is complete.</p> <p>You may brush your teeth but do not swallow.</p> <p><b>DO NOT USE</b> chewing tobacco, gum, lozenges, candy or breath mints.</p>

**\*CLEAR LIQUID DIET DETAILS: NO RED OR PURPLE. NO DAIRY.**

**Approved**

- Sodas, black coffee, tea, water
- Clear juices (no pulp), fitness waters
- Popsicles
- Low sodium chicken, vegetable and beef broth
- Gelatin

**Avoid**

- No milk, dairy, creamer
- No juices with pulp
- No RED or PURPLE
- No food pieces

**THE DAY OF THE PROCEDURE**

- **NO FOOD** UNTIL AFTER YOUR PROCEDURE. Do not eat any food from midnight, *the night before your procedure*, until after your procedure is complete.
- You may drink clear liquids up until **3 hours** prior to your procedure. Follow the **\*Clear Liquid diet** instructions.
- If you take daily medication, you may take it with small sips of water only, at least 3 hours before your procedure.
- **3 hours** prior to your procedure, nothing by mouth until after the procedure is complete.
- You may brush your teeth, but do not swallow.
- **DO NOT USE MARIJUANA (THC products).**
- DO NOT USE chewing tobacco, gum, lozenges, candy or breath mints.
- Do not wear perfume or cologne.

**ON THE DAY OF YOUR EXAM, PLEASE BRING**

- **Insurance card(s)** - you will be asked to present your insurance card(s) at EVERY visit to our office.
- **Photo ID** - photo identification is now required by Federal Regulation to prevent identity theft - you will be asked to present photo identification at EVERY visit to our office.
- **Inhaler** - we ask that you bring your inhaler with you if you use one.
- **Patient Interview Form** - we ask that you complete this form, which is enclosed in this packet, and bring it with you to your appointment.

**Please remember a driver needs to check in with you on your procedure day to drive you home after your procedure and assist you with follow up care.** This takes approximately 2 hours. You will **not** be able to drive a car, operate any machinery or go to work until the following day.

*Failure to bring your completed forms, photo identification, insurance card(s), your co-payment, and a driver may result in your appointment being rescheduled.*

If you have any questions or concerns about the preparation, please contact Your Patient Advisor by calling 800.349.0285 or emailing [support@yourpatientadvisor.com](mailto:support@yourpatientadvisor.com).