



GENERAL INSTRUCTIONS FOR EGD/UPPER ENDOSCOPY PROCEDURES

Please read all the instructions at least **ONE WEEK** before your scheduled procedure so you can be adequately prepared for this procedure.

Please arrive 15 minutes prior to your appointment. For questions regarding your appointment or preparation, call 701-356-1001.

To ensure you are comfortable and relaxed during the procedure, intravenous sedation medication will be given. **YOU MAY NOT DRIVE HOME AFTER YOU RECEIVE SEDATION.** You must have a responsible adult with a valid driver's license to take you back home.

Our highest priority is performing the most careful and safest possible examination for each and every patient. Although we strive to remain on schedule, please understand that performing a procedure may take longer for some patients than others. As a result, your procedure may not be performed at the exact time you were scheduled. We ask for your patience and that you **allow at least 1 to 2 hours for your visit.** Usually it takes 15-20 minutes to get you ready, 30-40 minutes for the procedure itself and another 15-30 minutes for you to wake up afterwards and can go home.

SPECIAL MEDICATION INSTRUCTIONS

Please bring a list of all your current prescribed medications with you the day of the procedure. If you are on **blood thinner medications** (such as Coumadin, Plavix, Aggrenox, Xarelto, Eliquis, Lovenox or others) you will need to contact your prescribing physician for instructions. These medications may need to be discontinued a few days prior to your procedure.

You may **continue taking all other prescribed medications** or natural supplements as usual. You do not need to stop aspirin or any NSAIDS (such as Motrin, Ibuprofen, Naproxen, Advil or Aleve). If you have any questions about your medications, call your prescribing physician.

DIABETIC PATIENTS

Please call your prescribing physician to adjust dosages of your insulin or oral medications for both the clear liquid diet day and fasting time before the procedure. Typically, we recommend that you do not take your oral glycemic agent or insulin the day of your procedure and bring it with you to take after the procedure.

DIET INSTRUCTIONS

Do not eat any solid food after midnight the night before your procedure. However, you may have clear liquids until 2 hours prior to the procedure, then nothing to eat or drink until after your procedure.

CLEAR LIQUID DIET (Avoid red, purple and orange liquids)

Soft drinks Strained fruit juices without pulp Water, tea, coffee (no milk or creamer)
Chicken or beef broth/bouillon Popsicles Jell-O (no fruit or toppings)
Hard Candies