

## Upper Endoscopy (EGD)

It is **IMPORTANT** that you read these instructions well in advance and follow them completely to ensure a successful exam. Due to regulatory requirements and your safety, you must arrange for a responsible adult to drive you home after the procedure. We will ask for contact information for your driver when you check in. Taxi cabs, public transportation and Uber do not meet this requirement unless you have a responsible person with you. Your procedure will be cancelled if you do not comply with this requirement.

	DAY BEFORE your procedure	DAY of your procedure
Diet Instructions	<ul style="list-style-type: none"> <li>Nothing to eat after midnight</li> <li>You are permitted to drink clear liquids after midnight such as: water, sport drinks, tea or black coffee (no milk or cream), broth, apple or white grape juice, soda's, jello, or popsicles until <u>4 hours</u> before your appointment</li> <li>NO ALCOHOL or any recreational drugs</li> </ul>	<ul style="list-style-type: none"> <li>You can drink clear liquids up to <u>4 hours</u> before your appointment.</li> <li>No gum, candy or breath mints within <u>4 hours</u> of your appointment.</li> <li>Do not use any form of tobacco products <u>4 hours</u> before your test.</li> <li>Medications may be taken <u>4 hours</u> before your appointment with a small sip of water.</li> <li>Remove contacts lenses, and all body piercings.</li> </ul>

### Medication Instructions:

Notify the office if you have an implanted heart defibrillator, pacemaker, or decreased kidney function

If you have diabetes and take insulin, contact your physician that manages this for specific instructions

If you check your blood sugars, test it the morning of your procedure

**HOLD** the following medications using these guidelines, unless otherwise instructed by your Primary Care doctor, Cardiologist or Endocrinologist

	5 DAYS BEFORE	2 DAYS BEFORE
Blood Thinners	<ul style="list-style-type: none"> <li>Warfarin (Coumadin)</li> <li>Anti-platelets such as Clopidogrel/Plavix, Ticlid, Effient, Brilinta, Aggrenox, Pletal, Arixtra, Elmiron, Persantine, Ticlopidine</li> </ul>	<ul style="list-style-type: none"> <li>Pradaxa, Xarelto, Eliquis, Savaysa</li> </ul>

### Medications to **HOLD the morning** of the procedure

Oral Diabetes Meds	<ul style="list-style-type: none"> <li>Metformin, glipizide, glucophage, glucotrol, glyburide, tolazamide, tolbutamide</li> </ul>
Blood Pressure & Heart Meds	<ul style="list-style-type: none"> <li>Ace Inhibitors: ending in 'pril' (Lisinopril, Ramipril, Enalapril or Vasotec, Moexipril or Univas, Captopril or Capoten, Perindopril or Aceon, Accupril)</li> <li>Angiotensin II Receptor Blockers (ARB's): ending in 'artan' (Losartan, Valsartan, Benicar)</li> <li>Angiotensin II Receptor Blockers (ARB's) combined with calcium channel blockers such as (Amlodjpine/Valsartan, Amlodipine/Olmesartan, and Telmisartan/Amlodipine)</li> </ul>
Diuretics Water pills	<ul style="list-style-type: none"> <li>HCTZ (hydrochloro-thiazide), Lasix (furosemide), Maxzide, Chlorthalidone, Dyazide (triamterene/hydrochlorothiazide), Spironolactone</li> </ul>

**\*\*TAKE ALL OTHER BLOOD PRESSURE MEDICATIONS NOT LISTED ABOVE\*\***

- If you use a rescue inhaler, please be sure to bring it with you
- Bring your current insurance card(s), photo ID, and any copay that is due
- The Endoscopy Center opens at 7am. Please do not arrive any earlier than 7am.

**You will receive a call the weekday prior to your procedure with the actual arrival time.**

**Special Instructions:** \_\_\_\_\_

**Procedure Date:** \_\_\_\_/\_\_\_\_/\_\_\_\_

**Approximate Arrival Time:** \_\_\_\_:\_\_\_\_ a.m / p.m.

Tri Point - Main Entrance  
7590 Auburn Rd.  
Concord, Ohio 44077

Endoscopy Center of Lake County, LLC  
9614 Old Johnnycake Ridge Rd.  
Mentor, Ohio 44060

Lake West - Same Day Surgery  
36000 Euclid Avenue  
Willoughby, Ohio 44094

