

SPOKANE GASTROENTEROLOGY

Gastroscopy (EGD) Preparation Instructions

IMPORTANT: Please review these instructions as soon as you receive them so that you can be properly prepared for your procedure. For best results, follow these instructions as closely as possible. Poor preparation could result in an inadequate exam that may need to be repeated. **If you are taking blood thinners or are diabetic, please contact our office (509-456-5433) to discuss medication adjustments ASAP.**

7 Days Prior to Procedure Day

- Stop taking oral iron and fish oil supplements.
 - Confirm your arrangements for transportation home following the procedure.
 - Taxi or public transportation is **NOT** acceptable, unless you have an adult at least 18 years of age who will come to our facility, sign and accompany you home.
 - Following your procedure, you will not be able to sign legal documents, drive, operate equipment, drink alcohol or take sedatives for the remainder of the day.
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One Day Prior to Procedure Day

- **After Midnight**
 - **STOP** consuming solid food
 - Drink **ONLY** clear liquids without **RED DYE** including:
 - Apple, pear white grape, lemonade juice; chicken, beef, vegetable broth; ginger ale, 7-UP, Cola soft drinks; Jell-O, black coffee, tea, popsicles, sports drink
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Procedure Day

- Drink **ONLY** clear liquids and take regularly prescribed medications unless instructed otherwise.
- **STOP** all oral intake including clear fluids 2 hours prior to the scheduled procedure time.
- No chewing gum or tobacco.
- Bring with you:
 - ID/Driver License, insurance card(s)
 - Form of payment if cash paying.
 - List of your current medications.
 - The signed **Patient Information Letter** (or be prepared to sign it before the procedure).

YOU NEED TO HAVE A DRIVER TO TAKE YOU HOME.