



Upper Endoscopy Preparation Instructions

- ☐ EGD (Esophagogastroduodenoscopy)
- ☐ ERCP (Endoscopic Retrograde Cholangio Pancreatography)
- ☐ EUS (Endoscopic Ultrasound) ☐ Other: _____

Check-in Date and Time: _____

Procedure Time: _____

7 days before the procedure

- Make arrangements for a responsible adult to accompany you to your appointment and drive you home.
- Stop all iron and herbal supplements

For patients taking blood thinners (plavix, coumadin, lovenox, heparin, or other anticoagulants)

- Do not assume that you can safely stop the medicine without consulting your physician
- Contact the physician who ordered your medicine, or your cardiologist, to ask how best to take the medicine before and after your procedure.
- To minimize risk of bleeding, we prefer that you stop blood thinners 7 days prior to the procedure
- You may continue taking a single aspirin a day

Diabetic patient

- If you have diabetes, you will need to contact your physician about how to adjust your dose of medication and/or insulin especially the day of your procedure. Inform your doctor that you will be on a clear liquid diet the day of your procedure

Day of Procedure

Do NOT eat any solid food for eight (8) hours before the procedure.

- To make an accurate diagnosis, it is very important that your stomach be completely empty.

You may have clear liquids up to three (3) hours before the procedure.

- Clear liquids include soda, sports drinks, coffee, tea, clear soup broth, Jell-O, popsicles, and clear fruit juices like apple juice or white grape juice. Avoid drinks or gelatins that are red and all alcoholic beverages.
- Please take blood pressure, heart, asthma, or anti-seizure medications as scheduled the morning of the procedure with sips of clear liquid. You may use your asthma inhaler the morning of the procedure.
- Plan to arrive at the GI Lab 1 hour before your scheduled procedure time. Go directly to the outpatient check-in desk for financial clearance. Bring insurance cards and picture ID. You will receive 2 bills for these services: one from the hospital and one from the GI physician. Be prepared to pay any copays or deductibles at the time of procedure.
- You will be sedated for the procedure. **You are NOT permitted to drive** until the next day after the procedure. You must make arrangements for your transportation home. Your driver must remain at the hospital throughout our entire appointment time. Plan to be at the hospital for at least 2-3 hours.

For BRAVO Patients: Unless indicated by your physician you must **remain off** any acid medication for 5 days prior to your procedure and throughout the duration of the test. You will be discharged home with a recording device. You will be required to return to the GI lab 48 hours after the test to return the device.

We understand that unplanned issues can come up and you may need to cancel an appointment. If that happens, we respectfully ask for appointments to be cancelled at least 48 hours in advance. Our physicians & staff want to be available for your needs and the needs of all our patients. When a patient does not show up for a scheduled appointment, another patient loses an opportunity to be seen. Please call (909) 558-4668, option 2, to reschedule or cancel an appointment. We, the GI Lab staff and physicians at Loma Linda University Medical Center, wish to thank you for choosing us for your health needs.