



**Birns, Gloger, Witten & Bhinder, MD**

Patient Name: \_\_\_\_\_

**INSTRUCTIONS FOR ENDOSCOPY (EGD)**

Date: \_\_\_\_\_ Time of Procedure: \_\_\_\_\_

Arrival Time: \_\_\_\_\_ with Dr. \_\_\_\_\_

Location: \_\_\_\_\_ **Urbana GI Endoscopy Center** – Phone # 240-436-6440  
3280 Urbana Pike # 104 Ijamsville, MD 21754

\_\_\_\_\_ **GIEA** – Phone # 301-340-8099  
15005 Shady Grove Rd # 200 Rockville, MD 20850

\_\_\_\_\_ **Shady Grove Hospital, Outpatient**–Phone # 240-826-7541  
9901 Medical Center Dr Rockville, MD 20850

**You must have someone drive you home.** If you plan to take a taxi home, you must have someone accompany you. You will be ready to be discharged ½ to 1 hour after your procedure is complete.

**Please leave all valuables and jewelry at home. Refrain from wearing cologne, perfume or lotion.**

*Please remember we require 72 hours notice for cancellations or rescheduled appointments. If you fail to give 72 hours notice you may be charged a cancellation fee.*

**ONE WEEK BEFORE THE PROCEDURE**

You may take Tylenol as needed.

There are some medications to be held prior to your procedure.

- **Aspirin or Aspirin products** (including Excedrin) should be held for 1 week prior to the procedure. If prescribed by a physician, consult with that doctor first about your ability to safely hold these medications.
- **NSAIDS (Nonsteroidal Anti-Inflammatory Drugs)** such as Advil, Motrin, Aleve, etc. should be held for 3 days prior to the procedure.
- **Prescribed NSAIDS** (Voltaren, Relafen, Celebrex, Indocin, etc) should be discussed with your prescribing physician to see if you can safely hold for 3 days prior to procedure.
- **Blood Thinners** (Coumadin, Plavix, Persantine, Pradaxa, Xarelto, Aggrenox, etc.) should be discussed with your prescribing physician to see if you can safely hold for 3 days prior to procedure.
- All diabetic patients taking **insulin/oral hypoglycemic medications** should contact a nurse in regard to holding these medications prior to the procedure. You can reach an RN at the number listed above for your designated procedure location.

(additional on backside)

## **DAY OF PROCEDURE**

**Do not have solid foods after midnight.** You may have clear liquids (8) hours prior to the procedure. Clear liquids such as water, strained fruit juices, Gatorade type products, or Crystal light products and coffee or tea are acceptable. **No milk products or milk substitute products, including breakfast shakes.**

**\*\*You must be totally fasting 4 hours before the procedure. This means you may have nothing to eat, drink, smoke or chew 4 hours prior to the procedure. Please follow these instructions to avoid the risk of a delay or cancelled procedure.**

Please call the office at 301-251-1244 and press option 3 if you need to reschedule your appointment.