



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
9701 Medical Center Dr Rockville, MD 20850

_____ **Frederick Memorial Hospital, Outpatient** – Phone # 240-566-3300
400 W 7th St, Frederick, MD 21701

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.

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

Please stop the use of Aspirin or Aspirin products if a doctor has not prescribed them for you. Nonsteroidal products such as Ibuprofen, Relafen, Voltaren, Indocin, Celebrex, and Advil should be used sparingly. In addition Coumadin (warfarin), Persantine (dipyridamole), Pradaxa or Aggrenox should be held for 3 days prior to the procedure. In terms of stopping any of these prescriptions, please consult with the prescribing doctor about your ability to safely hold these medications for the requested time periods. You may take Tylenol as necessary.

DAY OF PROCEDURE

Do not have solid foods for eight (8) hours prior to the procedure. You may have clear liquids such as water, strained fruit juices, soda, Gatorade type products, or Crystal light products and coffee or tea. No milk products or milk substitute products.

*****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.**

To avoid the risk of a delay or a cancelled procedure, please be very careful to not eat, drink, smoke or chew during this 4 hour time frame.