



**CAPITAL
DIGESTIVE
CARESM**

First in Digestive Health

NAME: _____

We perform procedures at the following locations:

GIEA

15005 Shady Grove Road. Ste 200
Rockville, MD. 20850

Shady Grove Adventist Hospital

Out- Patient Surgery Center
9901 Medical Center Drive
Rockville, MD 20850

Please **ARRIVE** at: _____ on _____
TIME DATE

PROCEDURE TIME: _____

PREPARATION INSTRUCTIONS FOR UPPER ENDOSCOPY

- STOP COUMADIN/WARFARIN _____ DAYS PRIOR TO YOUR PROCEDURE
- STOP PLAVIX _____ DAYS PRIOR TO YOUR PROCEDURE
- TAKE ALL OF YOUR USUAL MORNING MEDICATIONS **AT LEAST 4 HOURS PRIOR TO YOUR PROCEDURE UNLESS OTHERWISE DIRECTED BY YOUR PHYSICIAN**

1. **YOU MUST MAKE ARRANGEMENTS FOR SOMEONE YOU KNOW TO DRIVE YOU HOME.** You may not drive for the rest of the day once the procedure is completed. The sedation, which makes the procedure comfortable, will take time to wear off.

2. **DO NOT HAVE ANYTHING TO EAT OR DRINK AFTER MIDNIGHT THE NIGHT BEFORE YOUR EXAMINATION.** If your appointment is at 10am or later you may have **clear liquids only (no solid food) up until 4 hours prior** to your procedure.

Clear liquids include: Coffee, tea, water, Gatorade, soft drinks, e.g. coke, Pepsi, ginger ale, 7-Up; clear juices – apple, cranberry, grape; Jell-O or other similar gelatin; clear soups, i.e. bouillon or broth. Sugar and/or artificial sweeteners are allowed.

NOT ALLOWED ON A CLEAR LIQUID DIET: Milk, cream, soy milk, artificial creamer, pulpy juices like orange, grapefruit, pineapple, tomato and V-8, all NOT allowed.

3. On the day of your procedure, please do not wear perfume, cologne, or scented powders. **Reminder – You may have clear liquids only up until 4 hours prior to your exam, then NOTHING TO EAT, DRINK, SMOKE, OR CHEW.**

PLEASE NOTE: IF YOU FIND IT NECESSARY TO CANCEL YOUR PROCEDURE WITHIN 48 HOURS PRIOR TO YOUR SCHEDULED APPOINTMENT A \$150 CANCELLATION FEE WILL BE CHARGED.

If you have any urgent questions after hours, regarding the prep or procedure, please contact the Doctor on call at 301-340-3252

Capital Digestive Care

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capitaldigestivecare.com