

## YOUR PERTINENT PROCEDURE INFORMATION

**Procedure Date:** \_\_\_\_\_ **Procedure Time:** \_\_\_\_\_ **Arrival Time:** \_\_\_\_\_

**Appointment Location Name:** \_\_\_\_\_

**Appointment Location Address:** \_\_\_\_\_

**Name of Person Providing Your Ride Home:** \_\_\_\_\_ **Relationship:** \_\_\_\_\_

**Phone Number:** \_\_\_\_\_

## OTHER INSTRUCTIONS

- Bring your photo ID, insurance cards and co-payment, if required.
- Wear comfortable clothing. Do not wear jewelry or bring valuables.
- Do not wear perfume or lotions. Deodorant is allowed.

## WHAT TO EXPECT

- Your procedure may be canceled under the following circumstances: failure to comply with prep instructions as written and or consuming anything by mouth within 3 hours of the procedure.

## PLEASE REVIEW 1 WEEK PRIOR TO YOUR PROCEDURE



### LOCATION

Capital Digestive Care (CDC) has many local offices and endoscopy centers. Some of our locations are in close proximity to one another.

- Endoscopy center patients may be asked to arrive 45-60 minutes early to complete intake activities.
- Hospital patients may be asked to arrive 1-2 hours early to complete intake activities.

Please review your appointment reminder notices for the accurate arrival time.



### MEDICATIONS

Talk to your doctor about any medications or supplements that you take routinely. Do not stop any prescription medications unless instructed by your prescribing physician.



### TRANSPORTATION

Some activities, such as driving and making major decisions, are not permitted until the day after your procedure. Arrange for a companion (over the age of 18) to accompany you and take responsibility for your care after the procedure. Your companion must meet with the nursing staff during discharge, therefore ask them to park and enter the facility (approximately 1 hour after your procedure time) to assist as you exit the building. If your appointment is after 3:00pm, companions should arrive no later than 4:00pm. Ride services such as Uber, Lyft, Taxi service, are not permitted and discharge without a companion is against medical advice.



### CANCELATION

Our practice requires notification of cancellation within one (1) week, otherwise, a fee of \$150 will apply.

# ESOPHAGOGASTRODUODENOSCOPY (EGD) PRE-PROCEDURE INFORMATION For EGD



## DINNER: THE DAY BEFORE THE PROCEDURE

If taking a GLP-1 like Ozempic or Wegovy, we suggest a clear liquid diet dinner the evening before the procedure.



## 11:00 PM THE DAY BEFORE THE PROCEDURE

- Patients may not have any solid foods after 11:00 pm the night before the procedure.
- You should drink only clear liquids from 11:00 pm up until 3 hours before the procedure.



- Do not consume anything by mouth 3 hours before your procedure time. See below for medication exceptions.

**IF YOU DRINK WITHIN THIS 3 HOUR TIME FRAME, THE PROCEDURE MAY BE POSTPONED OR CANCELED.**

### NOT ALLOWED BETWEEN 11 PM AND 3 HOURS PRIOR TO YOUR PROCEDURE

- Red, orange, or purple colored liquids or products
- Milk, cream or non-dairy substitutes (such as artificial creamer, soy or nut milks)
- Juices containing pulp (e.g., orange, grapefruit, pineapple, tomato & V-8 juice) or frozen juice products containing pulp
- Alcoholic beverages
- Solid foods

### ALLOWED AFTER 11PM AND UP TO 3 HOURS BEFORE YOUR PROCEDURE

- Water, apple juice, white grape and white cranberry juice, broth, tea, coffee (without milk, creamer or substitutes)
- Jell-O, Italian ices, popsicles, sodas, Kool-Aid, Gatorade

\*None of these may be the color red, orange or purple, or contain fruit pulp.

## MEDICATIONS

- Take your medications such as aspirin, blood pressure, Parkinson's, seizure, or asthma medications. Please take these medications 3 or more hours prior to the procedure start time with only a small sip of water.
- If a physician has prescribed for you an inhaler for asthma, bring it with you to the procedure.
- Some medications like blood thinners, certain diabetes or weight loss drugs, such as GLP-1 Ozempic, Wegovy and other medications for weight loss may need to be temporarily discontinued before the procedure.