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EGD INSTRUCTIONS

PATIENT NAME: _____ DOB: _____ SCHEDULED: _____

* Please see the back of this form for instruction on stopping blood thinners.
Your procedure will have to be rescheduled if they are not stopped beforehand as instructed. *

ONE WEEK BEFORE YOUR PROCEDURE:

- 1. Do not take oil based supplements like FISH OIL, Vit E, Vit D, or CoQ10.
2. Do not take IRON supplements

THE DAY BEFORE THE EXAM

- 1. You may eat your regular diet and take your medications with the exceptions listed on the back.
2. Then NO SOLID FOOD or MILK products after MIDNIGHT.

DO NOT USE CHEWING TOBACCO AFTER MIDNIGHT

THE DAY OF THE EXAM

- 1. Drink only clear liquids. DO NOT EAT ANY SOLID FOOD, MILK PRODUCTS OR DRINK ALCOHOL.
Clear liquids include: water, clear fruit juices like apple juice or white grape juice, beef, vegetable, and chicken broth, Jello, soft drinks, Gatorade or any sports drink, coffee and tea without cream. Any drink that you can hold up to the light and see through is considered a clear liquid. DO NOT DRINK ANYTHING WITH RED/PURPLE COLORING.
2. You may have clear liquids until _____ AM/PM (2 hours before you arrive at the surgery center) then nothing at all by mouth. NOT EVEN WATER. NO gum, hard candy, mints or tobacco products
3. Wear loose fitting clothing (sweatsuit, etc.), flat shoes that are easy to get on and off, (no cowboy boots, heels, or hikers). Also wear warm socks and a short sleeved T-shirt. We will not be held responsible for valuables brought to the facility. Please leave at home. Due to the sedation administered during procedure you MUST NOT drive until the following day. You MUST have a driver to drive you home after the procedure.

PLEASE CHECK IN AT:

- TRI-CITY SURGERY CENTER 5430 DISTINCTION WAY, PRESCOTT, AZ 86301
YAVAPAI REGIONAL MEDICAL CENTER, 1003 WILLOW CREEK RD, PRESCOTT, AZ 86301

Date _____ Check In Time _____ AM/PM for _____ AM/PM procedure.

- If you are diabetic & on INSULIN: Do not take morning dose the day of procedure.
If you are diabetic & on ORAL MEDS: Do not take the morning of procedure.
If you take HEART AND/OR BLOOD PRESSURE medications, take your morning dose the day of procedure with a sip of water by _____ AM/PM. If you use inhalers, bring them with you.
IF YOU USE INHALERS, BRING THEM WITH YOU.

Patient name: _____ Date of Birth: _____

If you are taking a blood thinner from a cardiologist or PCP like:

Coumadin, Warfarin, Heparin, Plavix, Eliquis, Persantine, Effient, Pradaxa, Xarelto, Jantoven, Arixtra/fondaparinux, Fragmin, Innohep, Iprivask, Angiomax, Argatroban, Atryp, Refludan, Thrombate III, or Lovenox

It must be stopped on _____

(YOU MUST HAVE YOUR CARDIOLOGIST OR PRIMARY CARE PHYSICIAN'S PERMISSION TO STOP THE ABOVE MEDICATIONS, IF YOUR GI DOCTOR IS NOT NOTIFIED OF THIS PERMISSION YOUR PROCEDURE COULD BE CANCELED.)

Other blood thinners that need to be stopped are in this list below. Many are over the counter so please read through the list entirely.

If you take any of the following medications, you would need to stop them on

EXAMPLES OF MEDICATIONS CONTAINING IBUPROFEN OR SIMILAR MEDICATIONS:

Advil	Equagesic	Methocarbamol	Ponstel
Aleve	Etodolac	Midol	Propoxyphene
Anaprox	Excedrin	Mobic/	Relafen
Arthritis Pain	Feldene	Meloxicam	Robaxisal
Formula	Fiogen PF	Mobidin	Roxiprin
Arthrotec	Fiorinal	Mortin	Rufen
Bextra	Genpril	Naprelan	S-A-C tablets
Cama Arthritis	Ginkgo Biloba	Naprosyn	Saletto
Pain	Haltran	Naproxen	Sine-Aid IB
Cataflam	Ibuprin	Norgesic	Solaraze
Celebrex	Ibuprofen	Noreich	Soma Compound
Clinoril	Ibuprohm	Nuprin	Sulindac
Combunox	IBU-Tab	Orudis	Trilisate
Darvon	Indocin	Oruvail	Toradol
Daypro	Ketoprofen	P-A-C	Trendar
Diclofenac	Lodine	Pletal	Vicoprofen
Dimetapp Sinus	Magan	Pedia Profen	Vioxx
Doan's Pills	Magnaprin	Pepto-Bismol	Voltaren
Dolobid	Marnal	Percodan	Zorpin
Dristan Sinus	Medipren	Piroxicam	

YOU MAY TAKE ACETAMINOPHEN OR TYLENOL FOR PAIN