



Upper Endoscopy (EGD) Instructions

All Patients

ARRIVE WITH A DRIVER to Touro Infirmery Registration at 1401 Foucher St., 3rd floor **AT LEAST ONE HOUR** prior to scheduled procedure. Your driver must check in with you when you come to Touro. **You will be unable to drive/operate machinery or sign important documents for 24 hours after the procedure.**

For your safety during the EGD, **please DO NOT use marijuana or illicit substances** for 48 hours before your scheduled procedure.

TIMELINE

*** FIVE DAYS PRIOR**

You may continue taking Aspirin 81mg as usual, but you **MUST STOP ALL OF THE FOLLOWING MEDICATIONS:**

| | | |
|----------------------|---------------------|------------------|
| Advil | Excedrin | Licorice (pills) |
| Aleve | Feldene (piroxicam) | Lodine |
| Alfalfa | Fenoprofen | Meloxicam |
| Alka-Seltzer | Fiber supplements | Midol |
| All herbal medicine | Fiorinal | Mobic |
| Anacin | Fish Oil (Omega 3) | Motrin |
| Anaprox | Flurbiprofen | Multivitamins |
| Ansaid | Garlic pills | Naprosyn |
| Aspirin (325mg only) | Gingko | Naproxen |
| BC Powder | Ginseng | Norgesic |
| Celebrex | Goody's | Percodan |
| Chamomile | Ibuprofen | Salsalate |
| Daypro | Indocin | Soma |
| Diclofenac | Indomethacin | Sulindac |
| Ecotrin | Iron | Talwin |
| Epromate | Kava | Triassic |
| Etodolac | Ketoprofen | Vitamin E |

PLEASE DO NOT STOP YOUR BLOOD PRESSURE OR HEART MEDICATIONS.

If you take **PRESCRIBED BLOOD THINNERS**, you **MUST OBTAIN PERMISSION/CLEARANCE** from your cardiologist, hematologist, or primary care physician first to stop these five days before the scheduled procedure. There may be **RISKS ASSOCIATED WITH**

STOPPING OR HOLDING THESE MEDICATIONS TEMPORARILY, and it may be prudent to delay any elective procedures until the blood-thinner therapy has completed its expected duration. **YOU MUST DISCUSS THIS** with our practice NURSE at time of scheduling.

*** ONE DAY PRIOR**

DO NOT EAT OR DRINK AFTER MIDNIGHT. This includes gum, mints, and tobacco.

*** PROCEDURE DAY**

Take your blood pressure and heart medications with a small sip of water, then no food or drink until the endoscopy is done.

Diabetic Patients

*** PROCEDURE DAY**

DO NOT TAKE your diabetes medication. **CHECK YOUR BLOOD SUGAR LEVEL** when you wake up. If your level is **BELOW 70**, drink 4 ounces of juice, soda, or eat a piece of hard candy. Wait 15 minutes, then **RECHECK YOUR BLOOD SUGAR LEVEL**. If your level isn't going up, you can drink another 4 ounces and contact our office. Please do not have any liquids **WITHIN TWO HOURS** of arrival to the hospital. **BRING YOUR DIABETES MEDICATION** with you to the hospital.

QUESTIONS? 504-249-5901