

UPPER ENDOSCOPY (EGD) PREP INSTRUCTIONS

Your procedure is scheduled on: _____ Procedure Time: _____ Arrival Time: _____

Location of Procedure: [] Central Jersey [] RWJUH – Somerset in Somerville
 Ambulatory Surgery Center 110 Rehill Ave
 511 Courtyard Dr. GI Center – 3rd Flr, West Elevator
 Hillsborough, NJ 08844 Somerville, NJ 08876
 908-895-0001 908-685-2200

- **DO NOT** have any solid food or dairy products after midnight the night before your procedure.
- You may have clear liquids until **4 hours** prior to your procedure.
(see clear liquid list on next page)
- After this time **NOTHING BY MOUTH** including water, gum, candy or mints.

**Taking anything by mouth within 4 hours of the procedure will cause a delay or cancellation.
You may take critical medications with clear liquids up until 4 hours before your procedure.**

** You MUST have someone to drive you home

** Cancellation Policy: Cancellations within 48 hours incur a \$100 charge not covered by insurance

CLEAR LIQUID LIST

Avoid all RED liquids NO ALCOHOL

- Gatorade, Powerade (Sports drinks with electrolytes are recommended to help with hydration)
- water, tea or coffee (**NO CREAM OR MILK, sugar is ok**)
- Clear Broth or Bouillon
- Jell-O, Popsicles, Italian Ice (**no fruit or cream added**)
- Apple juice, White Grape juice or White Cranberry juice, Lemonade, Ice Tea (**No juice with pulp**),
- Soda such as Sprite, 7-UP, ginger ale or any cola,
- Clear hard candy, gum.

FREQUENTLY ASKED QUESTIONS

What medications/supplements should I avoid prior to procedure?

Stop the following blood thinners, if, and only if, the Prescribing Physician approves for the number of days s/he allows: Plavix, Clopidogrel, Effient, Brillinta, Coumadin, Warfarin, Pradaxa, Xarelto and Eliquis.

What medications should I take prior to procedure?

You may take **critical** medications up until 4 hours before your start time. Do not take any vitamins/supplements the morning of your procedure. It is okay to continue Anti-inflammatory medications such as aspirin, ibuprofen, Motrin, Aleve and Tylenol.

Are there any special instructions I should follow in the days prior to my procedure?

It is advised that you do not smoke at least 6 hours prior to the procedure.

Are there any special instructions for diabetic patients?

Hold (do not take) your oral diabetic medication the morning of the endoscopy. Take ½ of the insulin dose prior to the procedure. Use sugar free drinks for liquids during the prep to avoid increase in blood sugar. Monitor and control your blood sugar closely during your prep to prevent low and high blood sugar. Note: Your procedure may need to be cancelled if your blood sugar is over 300mg/dl on arrival.

What should I bring with me to my procedure?

Please bring your insurance card, photo id and current medication list.

What should I wear to my procedure?

You should wear loose comfortable clothing. Leave all jewelry and valuables at home. Contact lenses should not be worn. You should not wear any clothing with metal including zippers and underwire bras.

Are there any special instructions for breast feeding mothers or patients of child-bearing age?

Prior to procedure, breast feeding mothers must pump enough milk for 24 hours worth of feedings to have for after the procedure. They must also pump and dump for 24 hours after the procedure. Patients of child-bearing age should not empty their bladder until they have given a urine sample upon arrival.

Do I need a ride home? You must have a responsible adult (age 18 or older) drive you home after the procedure.