

Upper Endoscopy (EGD) Preparation Instructions

Please read all instructions carefully

If you need to cancel your appointment, please contact the office at least Five (5) days prior to your procedure. If the office does not receive cancellation 36 hours prior to your procedure a fee of \$125 will be applied. For your convenience, there is an afterhours cancellation line.

In order for this procedure to be performed, **you must have a ride home.**

You cannot be discharged from endoscopy suite unless accompanied by an adult who can either drive you home, accompany you home in a taxi, or on public transportation.

Please follow instructions below to minimize the risk of serious bleeding if a polyp is removed or biopsy taken and to ensure good preparation.

7 DAYS PRIOR TO PROCEDURE:

- Stop aspirin, products containing aspirin, (INCLUDING: Aggrenox & Excedrin), Alka-seltzer, iron supplements, vitamin supplements containing vitamin E & C, garlic, Ginseng, Ginkgo Biloba, Ginger, paw Palmetto, Pepto Bismol, multivitamins, fish oils, or any other herbal supplements.
- Stop non-steroidal inflammatory medications (NSAIDS) such as Motrin, Advil, Aleve, etc.
- Tylenol is permitted.

5 Days Prior To Procedure

- Stop anti-platelet agents (Ticlid, Plavix, Pletal, etc)

4 Days Prior To Procedure

- Stop Coumadin/Warfarin

**** If you do take Coumadin/Warfarin, Lovenox, anti-platelet agents (Ticlid or Plavix) you must consult with your cardiologist or primary care physician regarding discontinuing these**

medications. If you have been instructed to continue any of these medications, you must advise your gastroenterologist prior to the procedure. **

Important Information To Know

- If you are on blood pressure/heart medications, please take this medication the morning of your in the morning with a *sip* of water.
- Diabetics should not take diabetes medication the morning of the procedure.
- If you are a diabetic, check with your primary care physician or endocrinologist about taking your diabetic medication.

Day Of The Procedure

- **DO NOT EAT OR DRINK ANYTHING THE DAY OF THE PROCEDURE UNLESS INSTRUCTED OTHERWISE.**
- Please Arrive:
 - 30 minutes prior to your procedure if schedule in our office.
 - 1 hour prior to your appointment time if done in White Plains Hospital

You cannot be discharged unless accompanied by an adult who can either drive you home or accompany you home in a taxi or on public transportation.

Please bring only your insurance card to this appointment.

Do not bring any valuables to your appointment. Scarsdale Medical Group, LLP is not responsible for any lost or damaged items.