

# Northern Virginia Gastroenterology, P.C.

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## PREPARATION FOR EGD

### **\*\* 5 DAYS PRIOR TO EGD**

- Medications:

Avoid **Aspirin, Plavix, or Ibuprofen** products (**Motrin, Advil, Aleve, Naprosyn**, etc)

Hold/Address if you're taking **Blood Thinners (Eliquis/Pradaxa/Xarelto/Coumadin/Warfarin/Heparin)**

If you are on **Blood Pressure** medications, take your regular dose the morning of the test with a sip of water

If you are **Diabetic**, take half of the dose on the day before and hold off on the morning of the procedure

If you are on **Lisinopril**, do NOT take it on the day of the procedure

- **24 hour prior: No Drugs (Heroin, Cocaine, Oxycodone, etc.) or Smoking (Marijuana, Cannabis, Cigarettes, etc.)**

your procedure might be cancelled as these will interfere with Anesthesia and might cause problems with breathing during and after procedure

### **\*\* 8 hours prior to EGD**

- **NO FOOD**: FAST 8 hours prior to your procedure (no solid food)

- **Clear Liquids Only**

**YES**: water, black coffee, tea, soda, sport beverages, apple juice, lime or lemon Jell-O, broth

**NO**: RED colored drinks, milk, soy products, orange juice, smoothies, shakes, alcohol

### **\*\* 4 hours prior to EGD**

- **NO DRINK**: Stop drinking 4 hours prior to your procedure (including water)

Example) If your EGD procedure is at **8:00am**, start fasting at **12:00am** and stop drinking at **4:00am**

If your EGD procedure is at **3:00pm**, start fasting **7:00am** and stop drinking at **11:00am**

## DRIVER

- A sedated procedure will not be done if you do not have a driver. Please arrange for someone to drive you.

*As a safety precaution, due to the COVID, your ride is expected to stay in their vehicle, in the parking lot -or- no more than FIVE MINUTES away during your procedure*

## LOCATION & TIME

- See "Procedure Packet" or email instructions