



EGD PROCEDURE INSTRUCTIONS

Physician:

Dr. Pointer

Dr. Sharma

Facility:

Southern Endoscopy Center
330 Wallace Rd, Suite 103
Nashville, TN 37211

Date of Procedure: _____

Arrival Time: _____

Please bring: your **insurance card, photo ID, medication list, and procedure co-payment** if you have one. **Your co-payment is due at the time of service. NO EXCEPTIONS.**

You must bring a responsible driver with you. If you do not have a driver, your procedure will be rescheduled. **NO EXCEPTIONS.** You will not be able to drive, operate machinery, make important decisions, or return to work for the rest of the day. You may resume normal activities the next day unless the doctor states otherwise.

Please contact our office if you are unable to keep your scheduled procedure or if you should have any other questions: **615-832-5530.**

If you had any biopsies taken, you will receive your results through the Patient Portal within 7-10 days of having your procedure. If there are serious findings on the biopsy, you will be scheduled for a follow-up appointment to discuss the results and next steps.



To prepare for your upper endoscopy, please follow the instructions below.

Failure to follow instructions could result in the cancellation of your procedure.

Before Procedure

- **No solid foods or liquids allowed after midnight the night before the procedure** (unless otherwise instructed). This includes water, gum, or mints.
- No alcoholic beverages or tobacco products should be used 24 hours prior to procedure.
- Arrange for a family member, friend, or caregiver to be present before, during and after the procedure.
- Arrange for someone to drive you home.

Day of Procedure

- Brush your teeth, but do not swallow any water.
- Wear loose, comfortable clothing.
- Do not wear contact lenses. Wear your glasses instead.
- Leave all valuables at home, including wedding bands and other jewelry.
- Arrive at the facility 1 hour prior to your procedure. Plan to spend at least 4 hours at the facility.

Medications

- **BLOOD THINNERS:** Please follow the below instructions regarding stopping your blood thinner, if applicable. Please note that we will confirm with your prescribing provider if it is safe to stop these medications.

BLOOD THINNER: _____

HOW MANY DAYS TO STOP: _____

- **NSAIDS:** Stop taking NSAIDS such as Advil, Aleve, ibuprofen, anti-inflammatories, and herbal products at least 7 days before your procedure.
 - (Examples: meloxicam, diclofenac, Fish oil, multivitamins, garlic, ginger, ginseng, goldenseal, mild thistle, saw palmetto, St. John's Wort and Valerian)

- **BLOOD PRESSURE MEDICATIONS:** Continue taking your prescribed blood pressure medications including the day before and the day of your procedure.
- **DIABETES MEDICATIONS:** (Unless instructed otherwise by your primary care physician or your endocrinologist)

	ONE DAY BEFORE your procedure	DAY OF your procedure
Type 2 Diabetes	<ul style="list-style-type: none"> ✓ Take ½ of the usual dose of your diabetes medications, including both insulin and oral medications, in the morning before your clear liquids. ✓ Check your blood sugars at least twice (in the morning before beginning your clear liquids and at bedtime). 	<ul style="list-style-type: none"> ✓ DO NOT take any oral diabetes medications, such as glipizide (generic for Glucotrol) or pioglitazone (generic for Actos). ✓ You may continue metformin (generic for Glucophage) ✓ Check your blood sugar in the morning before your arrival time.
Type 1 Diabetes	<ul style="list-style-type: none"> ✓ Contact your Endocrinologist or Diabetic Care Provider. 	<ul style="list-style-type: none"> ✓ If you take any long-acting insulin, take half the dose. ✓ DO NOT take any short-acting insulin (Insulin Regular, Aspart, Lispro) unless you are using a sliding scale. ✓ Check your blood sugar in the morning before your arrival time.

- **OTHER MEDICATIONS:** Take thyroid (i.e., levothyroxine/Synthroid), seizure, anti-anxiety, anti-depressant, anti-psychotic medication, and aspirin 81 mg as normal