

Mountain View Gastroenterology, PC
Debra J. Townsend, M.D.

Name: _____
Facility: _____ Procedure Date: ____/____/____
Check In Time: _____

PREPARATION INSTRUCTIONS FOR UPPER GI ENDOSCOPY/ EGD

****Please read all of these instructions carefully****

For any questions, please contact our office at 520-320-1369 so a staff member can go over them with you.

- 1.) **One week** before your exam you should stop taking aspirin, non-steroidal anti-inflammatory agents (Tylenol is ok to continue), high dose vitamins C and E, fish oils & herbal supplements.

- 2.) **4-5 days** before your exam you **MUST** stop taking Coumadin, Plavix, or other anticoagulants after approved by your Cardiologist or Primary Care Physician and substitute with Lovenox under their directions if indicated.

- 3.) Continue any heart or blood pressure medications with a sip of water 4 hours before the procedure.

- 4.) Do not take any diabetic medication (oral or insulin) until after the procedure when you have been able to eat.

- 5.) No solid food after midnight the night before your procedure.
Clear liquids are allowed up to 4 hours before your procedure.

- 6.) Arrive for appointment depending on facility as noted:
 - If scheduled at **TGI/Tucson Gastro Institute** arrive **30 minutes** prior to procedure.
 - If scheduled at **TSC/Tucson Surgery Center** arrive **1 hour** prior to procedure.

- 7.) You must have someone drive you home after your procedure.

- 8.) Please bring a list of your medications with you.