



Esophagogastroduodenoscopy (EGD) Preparation Instructions for Fremont Patients

Your **arrival** time is scheduled on _____ at _____ a.m./p.m. at the **Fremont Medical Center**,
39400 Paseo Padre Parkway, Fremont, CA 94538

Please register in the Admitting Office, 1st Floor Lobby

PLEASE READ ALL INSTRUCTIONS ON THE DAY YOU RECEIVE THEM

(Following only these instructions given by the Gastroenterology Department)

About Esophagogastroduodenoscopy (EGD):

This procedure involves placing a tube in your mouth and passing it down your esophagus (tube that connects the mouth and stomach) under direct vision into your stomach and the upper part of your small intestine. The doctor can examine these portions of your gastrointestinal tract by looking through a tube. The examination is usually painless and takes about 10 minutes.

To keep you relaxed and comfortable during the procedure an injection is usually given before the procedure to make you drowsy. You may also be given a medication which numbs the back of your throat.

The physician will discuss your procedure with you when you are in the procedure room. If you had any biopsies taken, you will receive a letter with those results, usually 2-3 weeks after the procedure. If there are serious findings on the biopsy, your physician will contact you.

Every effort will be made to keep your appointment at the scheduled time, but in medicine, unexpected delays and emergencies may occur and your wait time may be prolonged.

General Instructions:

1. Please register in the **Admitting Office, 1st Floor Lobby**
2. Please bring your Kaiser Card, photo ID and procedure co-payment. If you are unsure of what your co-pay amount will be, please contact Member Services at 1-800-464-4000.
3. Please leave your valuables and all jewelry at home.
4. Please refrain from using lotions and oils on your body.
5. Intravenous sedation medicine is usually given during your procedure. **Due to regulatory requirements and your safety, you must arrange for someone to appear, sign responsibility for you, and drive you home as well. If you do not have a driver, your procedure will be rescheduled. A taxicab driver will not sign responsibility for you.**
6. You will not be able to drive, operate machinery, and 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.

Patient Checklist - For ALL Gastroenterology Procedures

If you are affected by any of the conditions listed below, please follow these instructions:

| | |
|--|--|
| Diabetes | <p>Check your blood sugar frequently and on the morning of your procedure.</p> <p>On the day before the procedure:</p> <ul style="list-style-type: none"> • Do not take any diabetes pills (such as Actos, Glipizide, Glyburide, or Metformin). • Reduce your morning and evening doses of long acting insulin by one half. <p>On the day of the procedure:</p> <ul style="list-style-type: none"> • Do not take any diabetes pills (as above) • Do not take any long-acting insulin • Do not take any short-acting insulin unless you are using a sliding scale • Hard candy or clear soft drinks are ok if your blood sugars are too low |
| Aspirin | <p>It is necessary to stop aspirin and anti-inflammatory arthritis medications (such as Advil, Motrin, Aleve, Naprosyn) for 7 days prior to the procedure, unless you are at high risk for heart attack or stroke. Check with your doctor about stopping aspirin. Tylenol is OK to take.</p> |
| For patients having a BRAVO ph monitor test | <p>For 5 days prior to your procedure, STOP taking antacid proton pump inhibitor (PPI) medications such as Prilosec (omeprazole), Protonix (pantoprazole), Nexium (esomeprazole), etc. Please call if you have questions.</p> |
| Coumadin, Warfarin, Plavix, Heparin, Fish Oil, Lovenox, or other anticoagulants | <p>Check with the anti-coagulation clinic about your medication doses.</p> |

What to wear:

Wear comfortable, loose fitting clothing that is easy to step into. Wear flat shoes or tennis shoes. Do not wear jewelry or bring valuables.

Preparation Instructions for Esophagogastroduodenoscopy (EGD)

(Following only these instructions given by the GI Department)

| 7 days before your EGD | The evening before your EGD | The day of your EGD |
|---|--|--|
| <p>Read all prep instructions.</p> <p>Contact prescribing physician for instructions on dosage of blood thinners.</p> <p>Stop herbal, vitamins, and oral iron supplements.</p> <p>Stop any anti-inflammatory medications (Motrin, Advil, Ibuprofen).</p> <p>Tylenol is OK to use.</p> <p>Arrange for a driver to take you home after the procedure.</p> | <p>NO SOLID FOODS AFTER MIDNIGHT.</p> <p>Diabetic patients – Check your blood sugar the evening prior to the procedure. Follow instructions on diabetes on previous page.</p> <p>Confirm that you have a driver.</p> <p>Make a list of all your medications.</p> | <p>NO SOLID FOOD NO ALCOHOL</p> <p>You may take your morning medications with a small sip of water.</p> <p>You may, and should, drink clear liquids until 4-5 hours before your scheduled procedure time.</p> <p>Stop all liquids 4 hrs before your appointment.</p> <p>Diabetic patients – Check your blood sugar the evening prior to the procedure. Follow instructions on diabetes on previous page.</p> <p>After the procedure you may eat your usual diet unless otherwise instructed.</p> |

If you have any questions, please call the Gastroenterology Department at **510-248-3088**.

This information is not intended to diagnose health problems or to take the place of medical advice or care you receive from your physician or other health care professional. If you have persistent health problems, or if you have additional questions, please consult your doctor. If you have questions or need more information about your medication, please speak to your pharmacist. Kaiser Permanente does not endorse any brand names; any similar products may be used. Herbs and supplements are sold over-the-counter. Kaiser Permanente carries only herb categories for which some evidence exists to show that the herbs may be effective to treat certain medical conditions.