

UPPER ENDOSCOPY (EGD) PREP INSTRUCTIONS

Gastroenterology Consultants of the North Shore, S.C.

- Yolandra Johnson, MD 847-256-8661 FAX 847-256-3412
 Manoj Mehta, MD 847-256-1855 FAX 847-256-3412

- James L. Rosenberg, MD 847-256-3400 FAX 847-256-3412
 Jonathan Williams, DO 847-998-8530 Fax 847-998-0504

Appointment Date: _____ Time: _____

Evanston G.I. Lab or Glenbrook G.I. Lab
(847) 570-2236 (847) 657-5780
or 570-2298

Arrive to the G.I. Lab at: _____

Special Instructions:

- Antibiotics are **NOT** required before the procedure, even if you require them for dental procedures.
- If you are on a **blood thinner** (Lovenox, coumadin, heparin, Plavix, aspirin), talk to the prescribing physician whether it can be discontinued prior to the procedure. If so, discontinue the medication 5 days before the procedure.
- Do **NOT** take elective pain medication such as naproxen or ibuprofen for 5 days before your procedure.
- **Diabetics should NOT take diabetes medicines the day of the procedure**, but you should bring these medicines with you. If you take **metformin** or a **metformin-containing diabetes medication**, do **NOT** take it for 24 hours prior to the procedure. If you have brittle diabetes, talk to your primary doctor or endocrinologist regarding glucose management the day before and the day of the test.
- You should take all your other regular medications every day, including the day of the procedure.
- Patients with **pacemakers or automatic implantable cardiac defibrillators (AICD)** must contact the GI lab once the procedure is scheduled. The hospital may require interrogation of your device before and after the test.
- Should you cancel your procedure for any reason we ask that you notify the office at least 24-48 hours in advance or a fee will be charged. Do not page the doctor on call over the weekends for cancellations. Call the GI Lab at 7:30 Monday morning.

5 DAYS BEFORE YOUR PROCEDURE and EVERY DAY UNTIL YOUR PROCEDURE:

DO NOT TAKE any aspirin or aspirin-like medications. Tylenol is ok to take.

DO NOT TAKE any coumadin or Plavix, unless there is special arrangement with our office.

Please arrange for someone to drive you home after the procedure. No cabs. Because of your sedation, you will not be able to drive after the test

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THE DAY BEFORE YOUR PROCEDURE:

- You must pre-register for your appointment with the hospital by phone. This is separate from the office registration. For either hospital call **888-364-6400**.
- Discontinue metformin-containing diabetes medications
- No food or drink from midnight the night before your procedure. A small amount of water is fine. You are allowed to have a piece of gum or hard candy (not red or purple) if necessary for low blood sugar.

THE MORNING OF YOUR PROCEDURE:

DO NOT TAKE your diabetes medications. Bring your medications with you. We can check your blood sugar at the G.I. Lab and instruct you if needed. Take your usual other medications with a little water.

Report to the G.I. lab a half hour before your scheduled appointment time. You should expect to be in the G.I. lab for approximately 2-3 hours. Please arrange for someone else to drive you home. No taxi's or buses are allowed. A Medicaid is available through the hospital but you need to make advance arrangements.

THE WEEK AT A GLANCE

5 days before	The day before the procedure	Midnight the night before	Day of the procedure
No NSAID's (aspirin like medications) taken for non-medical reasons No Coumadin, aspirin, or Plavix if your primary doctor agrees	Pre-register with the hospital Discontinue metformin-containing diabetes medications	No food or liquids	Arrive to the G.I. Lab 30 min early Be sure you have a ride home

A note about sedation:

As a matter of routine, all cases are done under guidelines for conscious sedation. This means you will be **sedated** (awake but relaxed) but arousable and interactive. N people refer to this as "twilight anesthesia". General anesthesia is not done for colonoscopy anywhere in the country for routine purposes. Our ability to sedate you is dependent on a number of factors, for example your health history or use of sedatives. If you have special needs, we encourage you to make an office appointment rather than schedule directly for a procedure. The number one limitation on our ability to sedate you is your breathing, so be aware of the need for slow but deep breathing throughout.

A note about timeliness:

Although the appointment time is reserved for you and we make every effort to run on time, sometimes emergencies occur which disrupt the scheduled procedure time. These may be emergencies handled by your doctor or other physicians sharing the same facilities. We thank you in advance for your patience and understanding in allowing us to care for more acutely ill patients. We know you have worked hard to prepare for this test. We will work hard to make it worth your time and effort.

Afterwards:

Biopsies, polyp samples, and other additional tests will require some time to process. We ask that you call the office in one week to discuss the final results, unless you have been advised otherwise directly by your physician.

If you have any questions or issues about these instructions, call the office well in advance. If you have any urgent issues the night before, you can page the physician through the office number.