

EGD (Endoscopy) Preparation Instructions

Date of Procedure: _____

Location: _____

Arrival Time: _____

Procedure Time: _____

- Arrange Ride Home
 - You will not be able to drive yourself because of sedation. BART, taxi, limousines, and public transportation are not allowed.

When	Action	Examples
5 Days Before NO BLOOD THINNERS; NO ASPIRIN	<ul style="list-style-type: none"> • Important: Medication change may be needed; read all of them. Confirm with your doctor if you need to stop any of your blood thinners • No seeds such as tomato products or sesame seeds 	<ul style="list-style-type: none"> • Plavix ,Aspirin, Ibuprofen, Naproxen, Advil, Motrin, Nuprin, Indomethacin, Celebrex, Aggrenox, etc-stop 5 days prior • Coumadin – stop 5 days prior • Lovenox, Heparin – do not take within 24 hours • Pradaxa – stop 2 days prior (4 days if CKD) • Xarelto/Eliquis/Savaysa – do not take within 24 hours (48 hours if CKD)
Day Before	<ul style="list-style-type: none"> • Eat and drink normally for breakfast and lunch • light dinner • Do not eat anything within 8 hours of your procedure. • You can sip water for medicine 	<ul style="list-style-type: none"> • You can take your usual medications unless instructed otherwise by your physician with sips of water • Modify diabetes medications if instructed by your doctor
Day of the Exam	<ul style="list-style-type: none"> • Nothing by mouth 2 hours prior procedure. 	<ul style="list-style-type: none"> • Wear loose comfortable clothing • Leave valuables and jewelry at home • Bring photo ID and insurance card • Bring a complete list of medications and allergies
After endoscopy	<ul style="list-style-type: none"> • Rest 	<ul style="list-style-type: none"> • No driving for the rest of the day or making major decisions.

If you need to cancel or reschedule, kindly give 5 business days to do so or there will be a \$100 fee; this will not be covered by your insurance company.

If you have any more questions, please call our office at (925)776-7600.