

# Endoscopy Preparation

## ENDOSCOPY:

Sometimes referred to as an EGD, is a visual examination of the upper intestinal tract using a lighted, flexible fiber optic endoscope. You are mildly sedated for this procedure. The endoscope is gently inserted through your mouth into the upper esophagus. Then, the endoscope is passed into the stomach and duodenum, or first portion of the small intestine.

## Five (5) Days Before Procedure:

- DO NOT DRINK ALCOHOL FOR (5) DAYS PRIOR TO YOUR PROCEDURE.
- DO NOT take any aspirin or ibuprofen products. Tylenol (acetaminophen) is allowed.
- Stop taking anticoagulants or blood thinners such as: Coumadin, Naprosyn, Nuprin, Persantine, Plavix, Relafen, Rufen.

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## Day Before Procedure:

- DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT.

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## Day of Procedure:

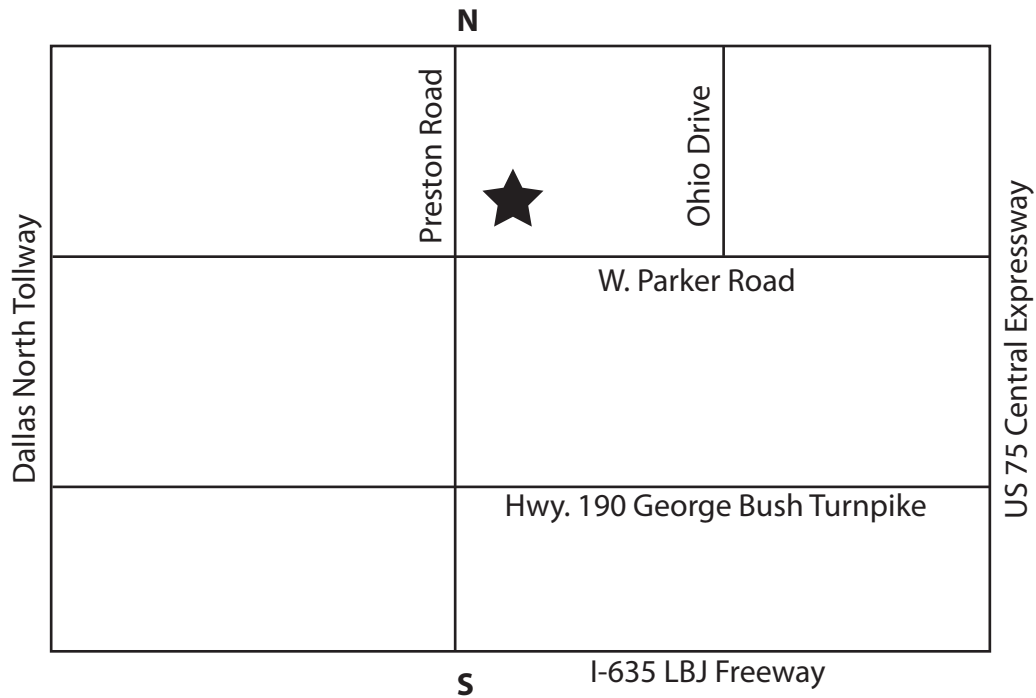
- Take any currently prescribed heart or blood pressure medications with a sip of water.
- If you are diabetic: To avoid dangerously low blood sugar, please do not take your diabetic medication (pills or insulin) the morning of your procedure. You can resume your diabetes medications after the procedure once you have eaten.
- You may have clear liquids until 7:30 AM **ONLY IF YOUR PROCEDURE IS SCHEDULED AFTER 1:30 PM.**
- Plan on being at the facility for approximately 2 hours.
- A driver must accompany you to drive you home after your procedure. You will be sedated for your EGD and will be drowsy for several hours after the procedure. You may not drive or work for 12 hours after the procedure.
- YOU WILL **NOT** BE ALLOWED TO DRIVE OR TAKE A CAB.

Procedure Date: \_\_\_\_\_

Check-In Time: \_\_\_\_\_

Location: \_\_\_\_\_ **MEDICAL CENTER OF PLANO**  
 3901 W. 15th Street - Plano, TX 75075  
**(Enter thru ER entrance and go to the Out Patient Registration Desk)**

\_\_\_\_\_ **PRESTON CROSSING ENDOSCOPY CENTER**  
 3500 Preston Road, Suite 200 - Plano, TX 75093



## ***Preston Crossing Endoscopy Center***

3500 Preston Road

Suite 200

Plano, TX 75093

Phone: 972-985-2300

Fax: 972-985-2320