

INSTRUCTIONS FOR UPPER GI ENDOSCOPY - (EGD)

To schedule your EGD procedure or if you have any questions about your procedure, call Dr. Ghoulam's office at (217) 222-6550, option #1, extension 3636.

Your appointment for your EGD procedure is _____ at the Blessing Surgery Center, 1100 Spring Street.

TIME: Blessing Hospital Prep Clinic staff will call you with the tentative time of arrival approximately 3-5 days prior to your procedure. Blessing Hospital Prep Clinic is open 8 a.m. to 4:30 p.m. If you need to cancel the day of the procedure, call the GI Center at (217) 277-3505. **DO NOT CALL THIS NUMBER TO SCHEDULE THE APPOINTMENT.**

1. If your arrival time is before 11 a.m., do not eat or drink anything after midnight. If your arrival time is 11 a.m. or after, do not eat anything after midnight, but you may have clear liquids from midnight until 6 hours prior to the procedure. Clear liquids are anything you can pour into a glass and see through. Some suggested liquids that you may include: water, coffee (black), soda, Jello, juice (apple, grape or cranberry), Gatorade, beef or chicken bouillon, popsicles or tea. No milk products (this includes nondairy creamers). No solid foods. No food with seeds or corn 3 days prior to procedure.
2. You will receive a mild sedative the day of your procedure, so you will need to be accompanied by someone who can drive you home afterwards.
3. You must *DISCONTINUE* the following medications 7 days prior to your procedure: aspirin, Motrin, ibuprofen, Nuprin, Advil, Aleve, any type of arthritis medication, nonsteroidal anti-inflammatory medications (NSAIDS), iron supplements, vitamins that contain iron, Aggrenox, any blood thinning medications such as Plavix or Ticlid, and all herbal supplements.
4. Discontinue Coumadin 3 days prior.
5. Please be sure to take any heart or blood pressure medications with sips of water the morning of procedure.
6. You may take Tylenol products or Celebrex.

IF YOU ARE DIABETIC: Do not take oral diabetic medications on the day of the procedure. Only take ½ dose of insulin the morning of the procedure. If taking Byetta, Januvia or Victoza, hold the day before procedure and morning of procedure.