

GASTROENTEROLOGY, LTD.

ENDOSCOPY PREPARATION INSTRUCTIONS

Please read all instructions at least 5 days prior to examination.

Location of Procedure:

_____ Location A: Colon Cancer Prevention and Endoscopy Center of Virginia Beach, 1101 First Colonial Road, **Please go to Suite 400, 4th floor.**

_____ Location B: Sentara Virginia Beach General Hospital, 1060 First Colonial Road, **Please enter through the door under the green awning on Facilities Lane, behind the hospital.**

Patient Name: _____

Date of Procedure: _____

Check-in Time: _____

Performing Doctor: _____

5 DAYS BEFORE YOUR EGD – PLEASE REVIEW YOUR MEDICATIONS

- If you take Coumadin (or other anticoagulants) or Plavix (or other anti-platelet agents), you would typically hold these for 5 days prior to your endoscopy. You should have been given specific instructions from your doctor(s) about how to manage these medications around the time of your procedure.
- If you take daily aspirin to decrease your risk of cardiovascular disease, do NOT stop prior to endoscopy.
- On the morning of your procedure, take all other morning medications at least 3 hours prior to your procedure.

THE DAY BEFORE-do not eat a large meal in the evening; avoid heavy, fatty or greasy foods. No solid foods after 10 pm

ON THE DAY OF YOUR EGD

- **DO NOT** eat any solid food after 10:00 pm the night before your procedure. You may have clear liquids only up until 3 hours prior to your procedure. **No Red or Purple.**

Examples of allowed Clear Liquids

| | |
|--------------------------|--------------------------------------|
| Water | Gatorade |
| Apple Juice | Soft Drinks (including Coke & Pepsi) |
| White Grape Juice | Tea |
| Chicken or Beef Bouillon | Coffee (no milk, may use sweeteners) |
| Jell-0 | Popsicles |

Note: No Milk or Milk Products, No Red or Purple Colored Liquid

****Please do not apply any lotions, colognes or perfumes prior to the procedure****

You are to have NOTHING BY MOUTH AT LEAST 3 HOURS PRIOR TO YOUR EGD. THIS INCLUDES WATER, GUM, MINTS AND HARD CANDY. No Oral tobacco products the day of your procedure. Failure to follow these Instructions could result in postponing or rescheduling your procedure.

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Please arrange for transportation on the day of your procedure. Our policy requires a responsible adult to escort you to and from the Endoscopy suite and drive you home. Your driver is required to be onsite for us to start the procedure and they MUST remain onsite for the duration of your procedure.

You may **NOT** meet your ride in the parking lot. They need to be here to sign you out of the Endo Unit. Public transportation or taxicabs are **NOT ALLOWED** -unless you are accompanied by a responsible adult.

Our office will obtain a pre-authorization from your insurance company for your procedure; however, you are responsible to verify your insurance benefits. Please bring your insurance information and co-pay on the day of your procedure.

For safety reasons please do not wear any jewelry to your procedure and leave all valuables at home.

If cancellation is necessary, please notify our office at least seventy-two (72) hours before by calling 481-4817, option 2. Please be aware that we have reserved a physician, three nurses and equipment for your procedure. Without adequate notice, there will be a \$75 cancellation fee. Thank you for your cooperation.

If you have any questions, problems, or feel you may be ill with cold, flu or respiratory infection, please call us at 481-4817, option 5. After hours, call 481-4817 and ask to speak with the on-call doctor.

****Please do not apply any lotions, colognes or perfumes prior to the procedure****