



# INSTITUTE OF ADVANCED GASTROENTEROLOGY

*Specializing in Digestive, Liver, Pancreatic & Biliary Diseases*

## SPECIAL ESOPHAGO-GASTRODUODENOSCOPY

### PROCEDURE INSTRUCTIONS:

**3 DAYS (72 hours) BEFORE PROCEDURE, PLEASE STOP** Aspirin, Blood Thinners (like Plavix, Coumadin etc) and NSAIDS (like Ibuprofen, Motrin, Advil, Naproxyn, Aleve & similar medications etc). If you have any issue stopping these medications, please check with your primary doctor. Your procedure may have to be rescheduled, if these medications are not stopped.

### **1 DAY BEFORE PROCEDURE :**

- **No solid food**
- **Only clear liquid diet.**
- No liquid antacids 24 hours prior to the procedure

### **ON THE DAY OF THE PROCEDURE:**

- Nothing by mouth: **NO LIQUIDS NO FOOD.**
- Do take all your prescribed medications (except listed above) with small sips of water.
- **You must have a driver** (responsible adult) to take you back home and stay with you for the next 24 hours. Do not drive or operate machinery, sign legal papers or resume regular activity for until next day after procedure. If you do not have a driver, your procedure will have to be rescheduled.
- Do not wear nail polish or lotion the day of your procedure.
- You will be given an arrival time, the day before the procedure and your procedure will begin approximately 2 hours after your arrival as this time is needed to complete all the paperwork and pre-op evaluation & prep
- Plan on being there approximately about 4-5 hours. This may change on day to day basis depending upon complexity of the cases for that day. **Please make sure to inform your driver.**
- Please be aware that many patients are being cared for in the surgery center. Your doctor may be required to spend extra time with patients who are in poor health and have special needs. Therefore your procedure may be delayed. You may wish to bring a book or other item to keep you occupied while waiting.
- **Please bring a list of all your medications to the test.**

\*\*\* If you take any sedatives, narcotics, tranquilizers, and anti-psychotic medications on the day of or day before the procedure then it's your responsibility to give the list along with dosages to the procedure Nurse or MD, otherwise these may interfere and cause complications with the medications given during procedure. \*\*\*

**\*\*DIABETIC PATIENTS:\*\*** On the day of the procedure, take half dose of your usual medications (insulin/pills).

\*\*\***If you feel that you need more sugar then take 2-4 tablespoons of sugar itself or mix the sugar with 2-3 tablespoons of water & drink it. You can take this sugar up to 2 hours before your arrival time if needed.**\*\*\*

**WOMEN PATIENTS:** Fertile Age- must provide a urine sample before the procedure. If you are pregnant, please call our office to reschedule the procedure. \*\*\*No breastfeeding for 3 days after procedure\*\*\*

Please make sure you **do NOT bring** any jewelry, or any other valuable items, or extra cash other than needed with you, as we will not be responsible for any loss! Please make sure to bring your co-payment on the day of your procedure. If you have to bring cash for your copayment, please make sure to pay when you arrive and all other personal items (cash, purse, wallet etc.) are left at home or should be given to your ride if you decide to bring with you. We will not be responsible for any lost items.

**Description:** During this procedure only esophagus, stomach and possibly part of small bowel will be evaluated.

### **Date of Procedure:**

If you have any questions and /or problems, call us @ 323-1200 Mon-Fri 8:30am-5:00pm.

**Advanced Endoscopy Center @ 9802 Stockdale Hwy, Ste. 101 (661) 616-5300 or (661) 323-1200 (Facility will call you one business day before your procedure for arrival time. If you do not hear from us by 3:00 p.m., please call 323-1200).\*\*\* DO NOT ARRIVE EARLIER THAN YOUR ARRIVAL TIME TO AVOID WAIT\*\*\***

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**Disclaimer:** These are general prep instructions and not intended to replace the advice of your doctor or healthcare provider. We recommend you to discuss with your primary care physician (PCP) before following these instructions, if you have any questions or special concerns.

# CLEAR LIQUID DIET SUGGESTIONS

Clear Liquid Definition: When you pour this liquid in a glass, you can see through it.

## OK to have:

- **Clear Pedialyte**
- **JELL-O:** any color EXCEPT RED & GREEN.
- **BROTH/BOUILLON:** Clear only. No vegetables, noodles, creams or meat in Broth/Bouillon.
- **FRUIT JUICES:** All Clear juices that contain no pulp are acceptable. White Cranberry juice is acceptable as it contains no red dyes.
- **GATORADE, KOOL-AID, AND POPSICLES**  
These are acceptable. Gatorade you can have any flavor AVOID anything red, pudding pops, creamsicles, and fudgesicles.

## NOT OK to have

- RED JELL-O
- No Vegetables, noodles, creams or meat in Broth/Bouillon
- NO RED, BLUE OR GREEN fruit juices.
- **RED GATORADE, RED KOOL-AID AND RED POPSICLES**

WATER IS FINE: DRINK PLENTY OF IT TO AVOID DEHYDRATION IF NOT CONTRAINDICATED FOR YOUR MEDICAL CONDITIONS. IF NOT SURE, CHECK WITH YOUR PRIMARY DOCTOR.

AVOID SOLID FOOD, DAIRY PRODUCTS, JUICES WITH PULP, RED DYES, AND JELL-O WITH FRUIT.

PLEASE REMEMBER THAT THE OUTCOME OF THE PROCEDURE DEPENDS ON YOUR COOPERATION AND FOLLOWING THE PREPERATION INSTRUCTIONS AS DIRECTED.