

Martin Shill, MD
EGD Prep Instructions

Endoscopy (EGO): This examination has been recommended to you. This exam involves guiding a tubular, flexible instrument through your mouth and into your esophagus, stomach, and first portion of your small intestine.

PLEASE READ ALL INSTRUCTIONS CAREFULLY WHEN PROCEDURE IS SCHEDULED

5-7 DAYS PRIOR	ONE DAY PRIOR	THE DAY OF PROCEDURE
<div data-bbox="344 347 457 456" data-label="Image"> </div> <p>If you take medication to thin your blood, such as Coumadin (warfarin), Plavix (clopidogrel), Xarelto (rivaroxaban) or Pradaxa (dabigatran), Eliquis (apixaban), Aggrenox (aspirin/dipyridamole), etc., ask the doctor that prescribed it for instructions prior to stopping the medication.</p> <p>-Aspirin should be continued as usual</p> <p>-Arrange for a driver on the day of your procedure.</p>	<p>YOU MAY HAVE YOUR NORMAL DIET</p> <p>NO solid foods allowed 8 hours prior to your scheduled procedure time.</p> <p>Confirm that you have a driver for the day of the procedure. A taxi or bus is NOT allowed unless you are accompanied by a family member or friend.</p> <p>What to bring with you:</p> <ul style="list-style-type: none"> • Insurance cards • Photo ID <p>If you have questions, please call our office at 330-869-0954</p>	<p>DO NOT EAT ANY SOLID FOOD TODAY PRIOR TO PROCEDURE.</p> <p>If your procedure is scheduled BEFORE 12 NOON:</p> <ul style="list-style-type: none"> • Do NOT have anything to eat or drink before your exam <p>If your procedure is scheduled AFTER 12 NOON:</p> <ul style="list-style-type: none"> • You may have clear liquids only (see list below) up until 4 hours before your exam <p>You may take your essential morning medications with a few small sips of water, but it must be at least 4 hours before your exam.</p> <p>NOTHING BY MOUTH 4 hours before your scheduled procedure time INCLUDES: gum, hard candy, mints, and tobacco products.</p> <p>DIABETICS:</p> <p>- Do NOT take oral medication DIABETA, GLUCOPHAGE, METFORMIN or JANUVIA. You may resume after your exam.</p> <p>- If your procedure is before noon and you are allowed clear liquids: Take ½ of your regular insulin dose</p> <p>You must check your blood sugar before leaving home. If your level is above 300, please take your Regular insulin according to your sliding scale.</p> <p>- Please bring your insulin with you to procedure center.</p>

CLEAR LIQUIDS - NO RED or PURPLE

Gatorade - Powerade - clear broth or bouillon (chicken or beef) - coffee or tea (no milk or non-dairy creamer) - carbonated and non-carbonated soft drinks - Kool-Aid - Crystal Light - strained fruit juices (no pulp) - Jell-O - Popsicles - Italian Ice

DON'T FORGET- these items are **NOT ALLOWED**

Milk or milkshakes - cream or non-dairy creamer- orange, grapefruit, or tomato juice - creamed soups or any soup other than broth - oatmeal - Cream of Wheat