



COLON, STOMACH & LIVER CENTER, LLC | LOUDOUN ENDOSCOPY GROUP

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19455 Deerfield Ave., Suite 201 | Lansdowne, VA 20176

(P) 703.723.3670 | (F) 877.325.2018



## UPPER-ENDOSCOPY (EGD) PREP INSTRUCTIONS

### **Transportation Policy:**

You will be under sedation, which will make it unsafe for you to drive following your exam. Therefore, you must have someone you know available to drive you home. A taxi or a bus is not an appropriate form of transportation from our facility. However, you may opt to use GraceFul Care.

GraceFulCare.com | 703-904-3994

### **INSTRUCTIONS:**

*Failure to follow any of the instructions below may result in the cancellation of your procedure.*

*If your procedure is cancelled, a penalty of \$200 may be applied to your account.*

1. Seven (7) days prior to the exam, stop taking iron, fish oil and diet pills. Do not take any blood thinners such as Aspirin, Ibuprofen, Advil, Motrin and Aleve. If you are taking any blood thinners, please notify us. These may need to be temporarily stopped before your procedure. Tylenol is allowed.
2. If you take medications in the morning, it is okay to take them at least 4 hours prior to your procedure. Please consume a tiny amount of water to take your medication. We encourage our patients to take their essential medications in the morning, especially blood pressure medication.
3. If you have asthma and/or sleep apnea, please bring your inhaler and/or CPAP machine with you to the procedure.
4. **Beginning midnight (12:00 AM), the night before your procedure, DO NOT eat or drink anything (NPO) until AFTER your procedure.**

#### **The day of your procedure:**

Do NOT eat anything the day of your procedure. Do NOT drink anything after 12 AM the day of your procedure. If you do, there is a risk of aspiration with the sedation. Therefore, your procedure may be cancelled or delayed. You may resume a normal diet after the procedure.

For additional information, please visit our website, [www.loudounslcenter.com](http://www.loudounslcenter.com).



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