

EGD Prep Instructions:

Location: Berkeley Endoscopy Center at 1072 Wildewood Centre Drive, Columbia, SC 29229

Date and Arrival Time: \_\_\_\_\_ at arrival time: \_\_\_\_\_ am /pm

If you need to reschedule, cancel or have any questions, please contact 803-788-1100 option 6.

**Please call 803-719-5242 to let us know you have arrived for your procedure.**

**Key Instructions:**

Your doctor has scheduled you for an endoscopy. Follow all of the instructions in this handout **EXACTLY** as they are written. If you do not follow the directions, your procedure may be cancelled.

- You may maintain a normal eating routine the day before your endoscopy.
- A responsible family member or friend **MUST** drive you home from the procedure. You are **NOT ALLOWED** to drive, take a taxi, bus or car service, or leave the Endoscopy Center **ALONE**. If you do not have a responsible driver (family member or friend) with you to take you home, your procedure cannot be done with sedation and may be canceled. You **MUST** remain in the endoscopy center until you recover from sedation. The entire process from arrival to discharge can take 3-4 hours.
- Please do not bring any jewelry or other valuable items to the endoscopy center for your procedure.
- Wear comfortable, loose fitting clothing.
- Please bring with you any inhalers.

**Medications:**

Some of the medicines you take may need to be stopped or adjusted temporarily before endoscopy.

**3-5 Days before your Endoscopy:**

- Stop Aspirin **such as** Ibuprofen.
- Stop Iron Supplements-**such as** Tandum Plus, Bifera, Ferrous Sulfate, Folic acid, Integra Plus

- Stop Arthritis medication such as Celebrex, Mobic, Ultram, Voltaren, Plaquenil, Naproxen). Do **NOT** take over the counter Aleve or Motrin.

**Insulin and diabetes medications**

- Please call the doctor that monitors your glucose levels. Your medications may need to be adjusted due to the diet restrictions required with this bowel preparation. The following is some information to guide you:
- If you take a pill to lower your sugar, do not take it on the day of your procedure.
- If you are taking regular insulin, do not take it on the day of your procedure.
- If you taking long-acting insulin (NPH), take half of your prescribed dose on the morning of the procedure.
- If you are taking any other insulin preparation, such as Lantus, Humalog or 70/30 insulin, contact your prescribing physician for instructions.
- Please **take ALL** other prescribed medicines with a sip of water on the day of your endoscopy.

**ONE (1) DAY BEFORE YOUR PROCEDURE**

- **Do NOT** drink alcohol on the day before or the day of the procedure or smoke cannabis (marijuana), as this can cause interaction with sedation.
- **You can eat and drink until midnight.**

**Morning Appointments (Before 1:00 p.m.)**

- **Please do not consume anything by mouth except for your morning medication with a sip of water.**

**Afternoon Appointments (Before 1:00 p.m.)**

- You may continue to drink clear liquids up to 4 hours before the time of your procedure.