

# EGD PREPARATION

## Your examination is scheduled for:

Date: \_\_\_\_\_ Place \_\_\_\_\_

Arrival Time: \_\_\_\_\_ Procedure Time: \_\_\_\_\_

Physician: \_\_\_\_\_

## Preparation Begins the Morning of Procedure:

1. Nothing to eat after midnight. Do not eat any solid food on the day of your procedure.
2. Clear liquids may be consumed up to 2 hours before arrival time:  
Do not chew gum. Drink only clear liquids (no red or purple dye.) Clear liquids include:  
Clear liquids include water, black coffee, tea, apple juice, white grape juice, soda, Jell-O, popsicles, broth, and Gatorade or other sport drinks.
  - DO NOT drink milk or use non-dairy creamer.
  - DO NOT eat or drink anything colored red or purple.
  - DO NOT drink alcoholic beverages.

## Important:

1. You will not be able to drive after your procedure. You will need a driver to stay during your procedure and to drive you home afterward.
2. Avoid iron supplements for 1 week before the procedure.
3. If you take aspirin for heart protection, DO NOT stop taking it.
4. If you normally take medication in the morning for high blood pressure or seizures, please take it as usual at least 2 hours before the procedure.
5. So that appropriate adjustments can be made, please notify your doctor at least one week before the procedure if you take warfarin (Coumadin), Plavix, Eliquis, Xarelto, Pradaxa, or other blood thinners.

**Please call the office during regular business hours for any questions.**

**918-438-7050, M-Thurs 8:00am – 4:30pm, Friday 8:00am-3:00pm**