



**DIGESTIVE HEALTH  
ASSOCIATES  
of Cheyenne**

7212 Commons Circle, Cheyenne WY 82009  
(307)635-4141 Fax: (307) 638-2656



**Wyoming Endoscopy  
Center**

7220 Commons Circle, Cheyenne WY 82009  
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October 16, 2017

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**Name:**

**Date of Birth:**

Referred by:

## **PREPARATION FOR YOUR EGD Esophagogastroduodenoscopy**

### **ABOUT EGD:**

An EGD is a procedure your doctor will perform to examine the lining of your esophagus, stomach and duodenum (first section of small intestine). The doctor will insert a flexible tube into your mouth, down your esophagus, into the stomach and small bowel looking for abnormalities. Prior to the procedure you will be given a sedative through an IV. You are **NOT** allowed to drive for the remainder of the day. It is recommended to have a person over the age of 18 stay with you for 6-8 hours after the procedure.

### **WHAT TO BRING AND DO PRIOR TO PROCEDURE:**

- Please bring your PHOTO ID and INSURANCE CARD.
- Please bring a list of your current medications (including non-prescription) and allergies.
- **YOU MUST HAVE A DRIVER 18 YEARS OF AGE OR OLDER WHO WILL ACCEPT RESPONSIBILITY AND DRIVE YOU HOME.** They will be notified when your procedure is over and **MUST** be present at the time of discharge to receive instructions and teachings. You are **NOT** allowed to take a bus, taxi, Access a Ride, walk home etc.
- **If you do not have a ride, your procedure will be cancelled or rescheduled.**
- You should plan to be at our facility for at least 2 hours.
- Read prep instructions **THOROUGHLY**.
- **DO NOT DRINK ANYTHING FOR 3 HOURS BEFORE YOUR PROCEDURE.**

**The Wyoming Endoscopy Center is located just North of Digestive Health Associates in New Bedford Square. The address is 7220 Commons Circle, Cheyenne WY 82009**



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### EGD Instructions

#### 5 Days prior to your procedure:

- If on blood thinners please make us aware, but you will need to consult with your prescribing physician for possible hold or alterations of blood thinners ( Coumadin, Warfarin, Pradaxa, Xarelto and Eliquis)
- If you are diabetic please see Diabetic Instructions

#### If your appointment is *BEFORE 12:00*

- You must be fasting after MIDNIGHT the night before your procedure
- Morning medications may be taken as usual, with the exception of the above listed items but they **MUST** be taken **3 HOURS** prior to your procedure
- **NO SOLID FOODS** the day of the procedure

#### If your appointment is *AFTER 12:00*

- Morning medications may be taken as usual, with the exception of the above listed items
- You may have a clear liquid diet as soon as you wake up (see below for clear liquid diet list)
- **NO SOLID FOODS** the day of the procedure
- You **MUST STOP** all clear liquids **3 HOURS** prior to your procedure time

### CLEAR LIQUID DIET

- water, sports drinks, energy drinks, clear soda's (7-up, sprite, ginger ale) tea, black coffee, juice without pulp
- Clear broths, gelatin, popsicles ( yellow or green)
- sugar, honey, syrup and hard candy
- **DO NO EAT ANYTHING RED OR CONTAINING RED DYE**
- avoid flavors such as: strawberry, cherry, watermelon, grape and orange

**NO SOLID FOODS, NO MILK PRODUCTS, NO ORANGE JUICE and NO ALCOHOL**