

## Middlesex / Monmouth Gastroenterology

### Preparation for Upper Endoscopy (EGD)

#### **One (1) Week Before Your Procedure**

**Arrange a ride.** You will be sedated for your procedure and you cannot drive or return home alone. If you arrive without a responsible escort, your procedure will have to be rescheduled. There are NO exceptions.

**Stop taking iron supplements or multivitamins with iron, unless otherwise directed by your doctor.**

**DIABETIC PATIENTS:** Please make sure you have discussed your medications with your physician, as they may need to be adjusted.

**If you are taking Plavix, aspirin or Coumadin, please notify MMG for instructions on taking these medications for your procedure.**

#### **Three (3) Days Before Your Procedure**

**Stop taking any NSAIDs (anti-inflammatory medications)** such as Advil, Aleve, Motrin, aspirin, Celebrex unless taken for vascular or heart disease.

#### **The Day of Your Procedure**

**DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT PRIOR TO YOUR SCHEDULED PROCEDURE EXCEPT FOR YOUR NECESSARY MEDICATIONS.**

**DO NOT CHEW GUM.**

**You must take your Heart Medications, Blood Pressure Medications and Seizure Medications,** with sips of water to help you swallow the medicine. Take your morning medications as usual, but you should make adjustments so that all of your medications are taken at least three (3) hours before your procedure time.

**Bring your escort with you to the procedure.**

**Do not wear any jewelry to the Center.**

**If you wear dentures** they must be removed at the time of the procedure.

**Although most procedures will be completed within 30 minutes, many factors determine your total time spent at the facility. In making your plans for the day, you should plan on spending approximately 2-4 hours at the facility.**

**Please follow these instructions carefully. If you are unsure of anything that needs to be done, do not hesitate to call our office (732-577-1999). Failure to follow the preparation correctly may result in an inconclusive study that will need to be repeated.**