EDG (UPPER GI ENDOSCOPY) PREPARATION
Please read all enclosed information carefully.

INSTRUCTIONS

1. Stop aspirin, ibuprofen, naproxen and other NSAID type medications 1 week prior to your procedure. If you are taking prescription blood thinning medications these will need to be stopped prior to your procedure, but you will need to discuss this with your primary doctor or the prescribing provider. DO NOT stop prescription blood thinners without discussing it with the prescribing provider.

2. You may have a normal diet the day before the exam. No solid food after midnight. Clear liquids may be consumed up until 4 hours prior to the procedure. Clear liquids include: broth (plain), coffee, tea (no milk or cream), juices that contain no pulp, sodas (diet okay), sports drinks, Jell-O without fruit and popsicles. Please no red, orange or purple flavorings.

3. Take your blood pressure and heart medications with a small sip of water 4 hours prior to procedure.

4. YOU MUST BE ACCOMPANIED BY A FRIEND OR RELATIVE TO DRIVE YOU HOME. YOU MAY NOT DRIVE, OR GO HOME BY TAXI OR BUS. IF YOU DO NOT HAVE A DRIVER, YOUR PROCEDURE WILL BE CANCELLED.

AFTER THE PROCEDURE

Do NOT resume normal activities until tomorrow.

Do NOT drive, return to work, or operate any machinery or power tools.

Do NOT make any important personal or business decisions, sign any legal papers, or perform any activity that depends on your full concentrating power or mental judgment.

Do NOT drink any alcohol or take nerve or sleeping drugs. They add to the effects of the medicine still present in your body.

----- PLEASE SEE ADDITIONAL PAGE FOR MEDICATION INSTRUCTIONS FOR DIABETICS HAVING AN EGD -----
**Medication Instructions for DIABETICS ONLY – EGD**

If you are UNSTABLE with your diabetes, please call your prescribing doctor for instructions on adjusting your insulin prior to your procedure. Stable Diabetics please follow these instructions:

**INSULIN CONTROLLED DIABETICS:**

1. **THE MORNING OF THE EXAM, DO NOT TAKE ANY HUMALOG OR REGULAR INSULIN.** You may take 1/2 your NPH or LENTE Dose.
2. **IF YOU TAKE LANTUS INSULIN, DO NOT CHANGE YOUR DOSE.**
3. If you are using an insulin pump, continue your usual basal rate.
4. Check for low blood sugar the MORNING of the exam and report the level to the nurse when you arrive at the endoscopy lab.
5. **YOU MAY TAKE GLUCOSE TABLETS IF YOUR BLOOD SUGAR IS LOW THE MORNING OF THE EXAM.**
6. Resume your normal Insulin dosage when your exam is complete and you are eating well.

**ORAL CONTROLLED DIABETICS:**

1. Do not take any diabetic pills (except Actos or Avandia) the morning of your exam.
2. Check for low blood sugar the MORNING of the exam and report the level to the nurse when you arrive at the endoscopy lab.
3. **YOU MAY TAKE THE GLUCOSE TABLETS IF YOUR BLOOD SUGAR IS LOW THE MORNING OF THE EXAM.**
4. Resume your normal diabetes medicine when your exam is complete and you are eating well.
Your procedure will take place at the following location:

Lutheran Surgery Center
3455 Lutheran Parkway, Suite 150
Wheat Ridge, CO 80033

Phone: (303) 301-7700
Fax: (303) 301-7701

A brochure follows and will answer any questions you may have about this facility.
WELCOME to
The Surgery Center at Lutheran

We are delighted that you have chosen to have your surgery or procedure at our facility. Our goal is to make your visit and recovery a positive experience.

We offer a comfortable, welcoming facility with a highly-skilled, caring, friendly staff.

The staff teams with your doctor to give you the best care through use of state-of-the-art medical equipment and the latest innovations in surgery procedures and technology.

Please review the instructions contained in this brochure to help you prepare for your surgery.

3455 Lutheran Parkway, Suite 150
Wheat Ridge, CO 80033
Medical Pavilions Building
Exempla Lutheran Hospital Campus

Hours: Monday—Friday 6:15 am—5:00 pm
Phone: 303-301-7700
Fax: 303-301-7701
Website: www.lutheranasc.com
Please be sure to tell your surgeon about any existing medical conditions as well as any prescription, herbal and over the counter medications that you are taking.

Your insurance company will receive a bill for the services your surgeon may perform. Payments to your insurance company are based on the information provided by you. Your insurance company will bill you directly for any portion of the fee which is not paid by your insurance company.

Failure to follow these instructions can cause serious complications.