

EGD INSTRUCTIONS

Procedure Date: _____ Arrival Time: _____ Procedure Time: _____

- Raleigh Endoscopy Center, Cary
1505 SW Cary Parkway, Suite 202 Cary, NC 27511
- Raleigh Endoscopy Center, Main
2417 Atrium Drive, Suite 101, Raleigh, NC 27607
- Raleigh Endoscopy Center, North
8300 Health Park Drive, Suite 210, Raleigh, NC 27615
- WakeMed Cary Hospital
1900 Kildaire Farm Road, Cary, NC 27518

Please Read and Follow These Directions Very Closely

CALL CARY GASTROENTEROLOGY IF YOU:

- ❖ Require ANTIBIOTICS for invasive procedure
- ❖ Have a LATEX ALLERGY
 - ❖ Are on a blood thinner (Coumadin, Pradaxa, Xarelto, Eliquis, Arixtra, Plavix, Effient) or Take more than 81mg of ASPIRIN per day.
 - ❖ Are on Weight Loss medications and this was not previously disclosed. All weight loss medications must be stopped 7 days prior to procedure.

THE FOLLOWING ARE ABSOLUTE REQUIREMENTS FOR YOUR PROCEDURE:

- ❖ A licensed driver (age 18 and older) MUST accompany you at check-in and remain during your test.
- ❖ Taxis are prohibited. Driving yourself is prohibited. You cannot walk or ride a bike home. Plan on spending 3 hours at the procedure center. Do not bring jewelry or valuables.

- ❖ Wear comfortable clothing. Do NOT wear contact lenses. Bring warm socks.
- ❖ All medical clearances must be in our office prior to your procedure.
- ❖ You should have NOTHING BY MOUTH for 3 hours prior to your procedure.

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PREP INSTRUCTIONS

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7 DAYS PRIOR TO YOUR PROCEDURE: Day/Date: _____

- ❖ STOP: Iron supplements, vitamin E., St. John’s Wort, Fish Oil and Gingko products.
- ❖ STOP: Anti-inflammatory drugs (NSAIDS): Ibuprofen, Advil, Motrin, Aleve, Celebrex, Mobic.
- ❖ STOP: ALL WEIGHTLOSS MEDICATIONS
- ❖ TYLENOL may be used freely, including the day of procedure.
- ❖ Your physician may ask you to stop blood thinners, including aspirin, between now and 5 days prior to your procedure. Check with Cary Gastroenterology to clarify this.

THE NIGHT BEFORE YOUR PROCEDURE: Day/Date: _____

- ❖ Have NOTHING TO EAT OR DRINK AFTER MIDNIGHT with the exception listed below regarding small sips of water with needed medication.

PROCEDURE DAY:

- ❖ Please take your blood pressure or heart medications at your normal time with small sips of water.
- ❖ Do not have ANYTHING TO EAT OR DRINK aside from the medications above.
- ❖ If you are on insulin or oral diabetes medications, please consult with your physician to discuss adjusting these medications. Typically, we recommend NOT taking your diabetes medications the day of the procedure, as you will be fasting that day.
- ❖ STOP all diuretics (water pills) the day before your procedure. Do not take them the day of the procedure.
- ❖ If you fail to stop weight loss medication 7 days prior to your procedure your procedure will be cancelled.

LOCATION AND ARRIVAL TIMES

Raleigh Endoscopy Center Patients:

Please arrive at the endoscopy center ONE HOUR prior to your procedure.

Patients having procedures at the Raleigh Endoscopy Center(s) are not required to have Covid testing prior to the procedure. You will receive a call to do a pre-screen over the phone with the standard Covid screening questions.

** If your procedure time is 7:30am, please arrive at 6:45am. The endoscopy center opens at 6:45am, please do not arrive any earlier than 6:45am.

WakeMed Cary Patients:

Please arrive 2 hours prior to procedure time. If you have any questions or need additional information, please contact us at (919) 816-4948.

WakeMed patients must adhere to WakeMed policy regarding Covid testing. Please review this information on our website and speak to your nurse/medical assistant regarding same. Please review “Scheduling Your WakeMed Covid 19 Testing” document on our website, under Patient Resources, at www.carygastro.com.

As a reminder, procedures are done at the Raleigh Endoscopy Center(s) and WakeMed; **not** our offices. Please review your location and arrival time carefully.

If you have any questions or need help with any part of your prep, please call us and we will be glad to assist. (919) 816-4948.