

EsophagoGastroDuodenoscopy (EGD) Instructions

Strict compliance with these instructions is necessary to avoid misdiagnosing and to ensure a safe and complete exam.

Medication / Diet Instructions: It is especially important you read this section carefully. If you have any questions regarding your medications, please call the Gastrointestinal Institute at (309) 451-1123 to speak with a nurse.

- **Blood Thinner Medications:**
 - **Stop** taking Aspirin 325 mg, Aspirin 81 mg, Aspirin containing products such as Excedrin, NSAID's and NSAID related products at least 3 days prior to your procedure.
 - **If you take Coumadin or Warfarin:** You must stop these medications 3 days prior to your procedure with the approval of your prescribing physician. **Contact our triage nurse for specific instructions** at (309) 451-1123 by selecting the option "nurse".
 - You may take Tylenol as needed.
 - Continue taking all other blood thinners as prescribed.
- **Blood Pressure, Heart, seizure, and chronic pain medication:** Continue to take these medications as directed. Take them the day of your procedure with a **small sip of water** at least 2 hours before procedure.
- **Diabetic medication:**
 - If you take **insulin**, please reduce your dose(s) to half of the normal amount the day of your procedure.
 - If you have an insulin pump, please notify the scheduler during the scheduling process or the Gastrointestinal Institute as soon as possible at (309) 451-1123.
 - Do **NOT** take any oral diabetic medication the day of your procedure.
- **Bring a complete list** of your medications. **Also bring your inhalers** with you on the day of your procedure.

Probe-based Confocal Laser Endomicroscopy (pCLE) or Cellvizio Instructions: Your pre-procedure diagnosis may indicate that a microscope be placed down the endoscope where the physician can visualize cells in real time to determine pre-cancerous cells such as Barrett's esophagus. With this leading, cutting edge technology, a dye has to be injected intravenously. This dye has virtually no risk for allergic reactions or harm to the liver or kidneys. However the dye may cause your urine to be bright yellow for the next 24 hours or so. If you have any questions regarding this, please ask one of the admission nurses or Certified Registered Nurse Anesthetists while present for your procedure.

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The day of your procedure:

- Starting at midnight (12 am) – **NOTHING** to eat.
- You may only have sips of water up until 2 hours prior to your procedure. This includes sips of water with medications listed above.
- If you come to the Gastrointestinal Institute drinking fluids, your procedure will be cancelled.

If you have any questions or concerns regarding these instructions, please call the triage nurse at (309) 451-1123 for further guidance.

You must have a responsible driver who is 16 or older to accompany you and drive you home.

A taxi or shuttle is not an approved means of transportation **unless you have** a family member or friend with you. You may not drive until the day after your procedure. If you do not arrive with a driver, your procedure will be rescheduled, and you may be charged a cancellation fee.