Patient Name: DOB:

Procedure Date: Arrival Time:

Upper Endoscopy (EGD) Preparation Instructions

- A responsible adult **MUST** accompany you to and from your colonoscopy. We ask that your driver remains in the building or close by the facility. For afternoon procedures, drivers **MUST** be available to pick you up no later than 4:30pm.
- We **WILL NOT** discharge you after the procedure to a cab, bus, UBER/Lyft, or other transportation services without having a responsible adult with you.
- If you do not have a responsible adult to accompany you and drive you home, your procedure will be cancelled and/or rescheduled.

Preparing for your Exam: What to Bring

- A list of all medications you are taking, even over the counter medications
- Any vitamins and supplements you take
- Your insurance card and photo ID

Blood Thinners/Anticoagulation

- If you are on an **anticoagulant/blood thinner** (other than aspirin) our nurse will call you with instructions after contacting your prescribing physician. **If you have not heard from our office 1 week prior to your procedure, please contact us at 610-431-3122**

Medication and Other Instructions

- **STOP** Iron supplements for 1 week prior to the procedure date (multi-vitamins are OK)
- **DO NOT** take water pills/diuretics on the day of the procedure (HCTZ (Hydrochlorothiazide), Lasix (Furosemide), Dyazide, Diovan HCT (Spironolactone))
- **CONTINUE** all prescribed medications unless instructed. For example, heart, blood pressure, thyroid, seizure and/or anxiety medications **CAN** be taken the morning of the procedure with a sip of water 2 hours prior to arrival time
- If on Effexor, **STOP** the medication **1 day before the procedure**
- **ALL weight loss medications (GLP-1), certain diabetic medications (SGLT-2) and some cancer treatment medications MUST be held prior to procedure. Please contact us if you have not received instructions. Failure to hold these medications will result in the cancellation of your procedure**
- **Diabetic patients:**

- **DO NOT** use any form of cannabis (weed) 12 hours prior to your arrival time
- **MUST REMOVE ALL** facial piercings prior to arrival for the procedure
- Contact us in advanced if there are any changes to your insurance

The Day of Your Procedure

- You are scheduled to have an Upper Endoscopy. You **MAY NOT** have any liquids or solid foods after 12:00am midnight the night before your procedure. This includes candy, water, gum, mints, nicotine pouches, lozenges, etc.
- Brushing your teeth is permitted.

Please call 610-431-3122 with any questions or concerns

Patient Name: DOB:

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Patient forms, prep instructions and FAQ's can be found on our website:
www.westchesterendocenter.com