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UPPER ENDOSCOPY INSTRUCTIONS -EGD

Your procedure is scheduled on WHAT IS THE DATE OF THE PROCEDURE with Dr. at. Please arrive at WHAT TIME SHOULD THE PATIENT ARRIVE TO THE CENTER for your procedure which starts at WHAT IS THE TIME OF THE PROCEDURE.

STOP: If you take Curcumin or Turmeric herbal supplement, please stop taking 5 days prior to procedure.

Please contact our office if you start a blood thinner or a weight loss medication between the time you scheduled to the day of your appointment.

Please contact our office if you develop Covid or upper respiratory infection between the time you scheduled to the day of your appointment.

1. You must have a driver to take you home. Ideally it is preferred that you have someone drive you to the facility, WAIT while you have your procedure, and then accept responsibility for your dismissal upon leaving the facility. During the check in process you will be expected to validate your responsible driver in the event your driver is not present at check in. If this validation process cannot occur your procedure will be canceled. PUBLIC TRANSPORTATION IS NOT AN ACCEPTABLE FORM OF TRANSPORTATION FOLLOWING YOUR PROCEDURE UNLESS ACCOMPANIED BY A RESPONSIBLE ADULT WHO HAS A VALID DRIVER'S LICENSE. If you are scheduled at a hospital please know individual hospital policies may require you to have a responsible party stay with you for twenty-four hours.

2. NO ALCOHOL - NO RECREATIONAL DRUG USE - NO CHEWING/SMOKELESS TOBACCO PRODUCTS

3. You may not have anything to eat or drink after midnight. You may take your medications with a few sips of water before 6 A.M.

4. Please bring a list of your medications, completed health history forms if included in packet, insurance cards and a photo ID.

5. If you have been told by a physician to take aspirin daily---continue to take it---DO NOT STOP!

6. You will receive intravenous sedation to facilitate your procedure. You will not be able to drive, operate machinery, make important decisions or return to work for the rest of the day.

7. If you are of child-bearing age and 1) are sexually active and history suggests possible pregnancy, e.g., delayed menstruation, or 2) are concerned about possible pregnancy or 3) the possibility of pregnancy is uncertain; please contact your doctor office to arrange a pregnancy test via a blood draw prior to your procedure or your procedure could get delayed or rescheduled.

If you have any questions, please contact our office at 402-397-7057.

FREQUENTLY ASKED QUESTIONS

Does my driver have to stay with me during the procedure

If your driver does not wish to remain in the lobby, a contact number can be given to the nursing staff. These arrangements must be made during the check in process or your procedure will be canceled. Typically, the driver can return two hours after they drop you off or they can be called prior to your dismissal time. Public transportation can only be used if you are accompanied by a responsible adult who has a valid driver's license.

Will I be asleep for my procedure

In the procedure room an anesthesia provider will position you comfortably and give you medications through an IV, known as MAC anesthesia, to cause relaxation and sedation. This will cause you to fall asleep but you can breathe on your own and will wake up quickly. Based on your individual procedure and medical history you and your GI physician may determine to use an anesthetic known as moderate sedation (twilight sedation) or even no sedation at all, as appropriate.

WHAT TO WEAR TO YOUR PROCEDURE

Wear comfortable, loose fitting clothing. Wear flat shoes or tennis shoes. Please leave jewelry and valuables at home.

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