

DIGESTIVE DISEASE & ENDOSCOPY CENTER, PLLC

Tower Medical Center 3261 MT. Vintage Way, Ste. 221, Silverdale, WA 98383 Phone: (360) 479-1952

DDECenter.com

Esophagogastroduodenoscopy (EGD)

Procedure Date: _____ Arrival Time: _____

Procedure location: ☐ **Digestive Disease & Endoscopy Center**
3261 Mt. Vintage Way, Suite 221
Silverdale, WA 98383

☐ **St. Michael Medical Center– Harlow Entrance**
1800 Myhre Rd.
Silverdale, WA 98383

Time given above is your arrival time, your procedure typically starts within 1 hour of arrival. **Expect to be here 2-3 hours.** If you need to cancel or reschedule, call (360) 479-1952, cancellation notice must be at least 48 hours prior to your procedure date.

PREPARING FOR YOUR PROCEDURE:

- **FOLLOW ONLY THESE INSTRUCTIONS FOR PREPARATION.**
- Pay close attention to the **MEDICATION INSTRUCTIONS** on the back of this page. You may be making medication changes up to 7 days prior to your procedure. Failure to follow these instructions limits the value of this procedure and your examination may need to be repeated or rescheduled.
- The Surgical Center nurse will call you 24-48 hours before your procedure to perform a pre-procedure interview. Please allow approximately 10 minutes for the phone call and have an updated medication list ready.

ARRANGE FOR A DRIVER:

It is our office policy that patients must have a driver, age 18 or older, drivers are required to be with you at check-in and stay on site during your procedure. Patients will not be allowed to drive yourself or leave the facility alone. TAXI, BUS or UBER types of service are ONLY allowed if you are accompanied by a family member or friend (age 18 or older). **If you do not have a driver, your procedure will be cancelled.**

INSURANCE NOTIFICATION:

- It is the patients responsibility to confirm benefits and coverage for all services with your insurance before your procedure.
- If you have changed your insurance carrier recently, please notify us of this change immediately.
- Charges you will see will include facility fee, anesthesia fee and gastroenterologist fee.
- If biopsies are obtained, pathologist, pathology/laboratory fees will be incurred. For pathology billing questions, please call Gastro Health at 888-851-0105.

Esophagogastroduodenoscopy (EGD)

MEDICATION INSTRUCTIONS: ONE WEEK BEFORE EXAM: _____

- **AVOID** smoking, chewing tobacco, alcohol, marijuana (THC) for one week before exam.
 - **STOP** taking Pepto-Bismol, Iron and Fish oil Supplements.
 - **STOP Blood Thinning Medications:** Confirm with your cardiologist or prescribing physician before stopping any medication.
- *The guide below is for patients with normal kidney function. Patients with decreased kidney function should check the after visit clinic summary for details**

STOP 7 DAYS BEFORE EXAM	STOP 5 DAYS BEFORE EXAM	STOP 3 DAYS BEFORE EXAM	STOP 1 DAY BEFORE EXAM
<ul style="list-style-type: none">• Brilinta (Ticagrelor)• Effient (Prasugrel)• Plavix (Clopidogrel)• Ticlid (Ticlopidine)• Ibuprofen (Motrin)	<ul style="list-style-type: none">• Aggrenox• Aspirin (Only if taking 325mg)• Coumadin (Warfarin)• Persantine (Dipyridamole)	<ul style="list-style-type: none">• Eliquis (Apixaban)• Pradaxa (Dabigatran)• Xarelto (Rivaroxaban)	Lovenox– Last dose is on the morning of the day before procedure.

- Diabetic Medications: See the attached Diabetic Medication Instruction sheet.
- Continue to take your medications for High Blood Pressure, Lung, Seizure or Psychiatric medication each day as normal.
- Tylenol is okay to take as needed for pain.

1 DAY BEFORE EXAM: _____

- ☐ You should adhere to your usual diet today
- ☐ No Food after midnight
- ☐ **Diabetic Medication Oral/Insulin:** Follow the attached Diabetic Medication Instruction Sheet.

DAY OF EXAM: _____

- ☐ **DO NOT EAT ANY FOOD day of procedure.** If you eat food the day of your procedure, your procedure may be rescheduled or delayed.
- ☐ **STOP All liquids 6 hours prior to procedure.**
- ☐ Take your blood pressure, lung, seizure medications at least 3 hours prior to your procedure with small sips of water. If you use an inhaler on a regular basis, please use your inhaler the morning of your procedure and bring it with you.
- ☐ **DO NOT EAT** gum, candy or mints. Refrain from smoking, vaping or using chewing tobacco the morning of your appointment.
- ☐ You may brush your teeth but do not ingest any liquid .
- ☐ Wear short sleeve top and flat shoes/tennis shoes. Do NOT wear lotions, perfume/cologne or jewelry.
- ☐ Bring photo ID, insurance cards and reading glasses for paperwork.