



## Upper Endoscopy (EGD) Preparation Instructions

Your EGD is scheduled \_\_\_\_\_ at \_\_\_\_\_ AM/PM with Dr \_\_\_\_\_.  
Your check-in time is \_\_\_\_\_ (one hour prior to exam time).

You must have someone available to drive you home after your procedure. If you are planning to take a taxi home, then a friend or family member must accompany you.  
Plan on spending 1½ -2 hours at the facility.

### **SEVERAL DAYS BEFORE YOUR PROCEDURE**

- Call our office for specific instructions if you take insulin or blood thinners such as Coumadin (Warfarin), Pradaxa, or Effient.
- Discontinue taking the following medications 5 days prior to your scheduled EGD: aspirin, ibuprofen, naproxen, Advil, Motrin and other “anti-inflammatories”.
- A nurse from our office will contact you to discuss your medical history.

### **If you have a morning EGD...**

- You may eat as usual the day before the procedure.
- **Do not eat or drink anything after 10 PM** the night before the EGD.
- You may take essential medications such as those for heart conditions, seizures or high blood pressure, with a sip of water the morning of the EGD.

### **If you have an afternoon EGD...**

- On the day of the EGD do not eat any solid food.
- You may take your morning medications as usual.
- You may have clear liquids up **until 4 hours before your procedure time**. A clear liquid is something that you can see through such as Gatorade, apple juice, soft drinks, clear broth, Jell-o, tea, coffee (no cream). Avoid alcohol.

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## **OTHER INFORMATION:**

- You will receive 2-3 bills: facility fee, professional fee & possibly pathology fee (if biopsies are required).
- Check with your insurance company to find out what your out-of-pocket expenses may be.
- If you must cancel or reschedule your procedure, then you must give notice **1 full business day** in advance. Failure to do so will result in a \$100 cancellation fee.
- Please call (801) 263-3041 with questions.

## **Your exam is scheduled at one of the following locations:**

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### **Wasatch Endoscopy Center.**

1220 East 3900 South, #1B (in the central medical building of St. Mark's Hospital). Call (801) 281-3657 Monday-Friday 9AM-4PM to pre-register 1-2 days prior to your appointment. On the day of your procedure, enter through the canopied "Emergency" entrance on the north side of the hospital. Wasatch Endoscopy Center is the first door on your left.

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### **Intermountain LDS Hospital.** 8<sup>th</sup> Avenue and C Street.

Parking is available in the covered parking lot across the street from the hospital. Endoscopy is located on the first floor of the hospital. One to five days before your procedure at **LDS Hospital**, call (801) 314-4395 or toll-free (888) 269-8674 Monday-Friday 7AM-8PM or Saturday 8AM-5PM to pre-register. Once you contact the pre-admission office, they will email you a website to go to so that you may fill out an online health history and medication form. If you complete these forms, please print them and bring a copy to your exam.

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### **St. Mark's Hospital Endoscopy.** 1200 East 3900 South.

Call (801) 268-7341 Monday-Friday 9AM- 4PM to pre-register 1-2 days prior to your appointment. On the day of your procedure, check-in at the registration desk inside the main entrance of the hospital.

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### **Intermountain Alta View Endoscopy.** North Specialty Center, 9450 S. 1300 East.

Please call 801-442-8600 Monday-Friday 7AM-8PM or Saturday 8AM-5PM to pre-register. If you wish, you may complete the on-line assessment form prior to your procedure at: [www.intermountainhealthcare.org/surgery](http://www.intermountainhealthcare.org/surgery).