

EGD (Upper Endoscopy) PREPARATION INSTRUCTIONS

Please follow these instructions carefully!

PREPARATION FOR YOUR PROCEDURE

- **Continue all aspirin and anti-inflammatory medications** including ibuprofen, Motrin, Aleve, naproxen, Naprosyn, sulindac, piroxicam, Feldene, indomethacin, diclofenac, and Voltaren. Tylenol (acetaminophen) is also safe to continue.
- **If you take a prescribed blood thinner you will need holding instructions from our office.**
- Arrange to have a driver take you home after the procedure. You will not be allowed to drive after receiving sedation.
- **If you have diabetes or are taking medications for weight loss, use the following instructions:**
 - Fasting (going without food) is required for this procedure, monitor your blood sugar and follow these directions
 - Insulin Pump: Leave on, if you have questions refer to your endocrinologist.
 - Long-acting Insulin: Do not take the morning of your procedure.
 - Short-acting insulin: dose as necessary with blood sugar monitoring.
 - Oral diabetic medication: do not take the morning of your procedure.
 - GLP1: Do not take the day of your procedure (may take day before or day after).
 - If you are concerned about your blood sugar dropping, consider purchasing glucose tablets.

**CALL MON-FRI 7 AM – 5 PM
OR CALL OUR AFTER HOURS NUMBER**

Meridian Endoscopy Center	(208) 695-2100
Boise Endoscopy Center	(208) 342-7169
Canyon County Endoscopy Center	(208) 954-8218
After Hours	(208) 343-6458

THE DAY OF THE PROCEDURE

- **Do not eat any solid food for 8 hours prior to the procedure.** You may consume clear fluids including juice (apple, grape, strained orange, strained lemonade), tea, coffee (no milk or creamer), soft drinks, sports drinks (Gatorade, Powerade), clear broth or bouillon, Jell-O, and Popsicles.
- **DO NOT eat or drink ANYTHING 4 hours prior to your procedure. This also means NO water other than to take your medications – this is very important. Drinking less than 4 hours before your procedure may result in delay or cancellation of your procedure!**
- Take your usual prescribed medications with small sips of water.
- Loose dentures may be removed prior to the procedure.
- Please bring a list of your current medications and correct dosage to your appointment.
- **NO DRIVING** – Because of the sedatives that you will be given **you cannot drive for the remainder of the day.** You need to have a responsible driver to take you home after your procedure. If your driver wishes to discuss the results of your procedure with the doctor, please have them accompany you to your procedure and **remain on site.** We do not recommend Uber, Lyft, or taking a taxi – these are not acceptable forms of transportation post-sedation.
- You will be sedated for your procedure. **Please avoid alcohol and making legal decisions for the remainder of the day after your procedure.**

You are scheduled with Dr. _____

Report at _____ on _____ to:

_____ Boise Endoscopy Center, 425 West Bannock Street, Boise

_____ Meridian Endoscopy Center, 2235 East Gala Street, Meridian

_____ Canyon County Endoscopy Center, 1216 Garrity Boulevard, Nampa

_____ St. Luke's Boise Regional Medical Center, 190 E. Bannock Street, Boise
(Main hospital entrance. Out-patient Registration)

_____ St. Luke's Meridian Medical Center, 520 S. Eagle Road, Meridian
(Eagle Road entrance. Out-patient Registration)

_____ St. Luke's Nampa Medical Center, 9850 W. St. Luke's Drive, Nampa
(Main hospital entrance. Out-patient Registration)

BIG TAKE-AWAYS

- Clear liquids only 8 hours prior to your exam – that means no solid food – liquids **only**.
- PLEASE do not drink water or anything while driving to your appointment or waiting for your appointment – we need your stomach empty to safely use sedation.
- You may not remember your conversation with your doctor after your procedure – we STRONGLY recommend your driver stays IN our facility to speak with the doctor after your test.

Your procedure time will be approximately 90 minutes from the scheduled check-in time to discharge for procedures in the Meridian, Boise, and Canyon County Endoscopy Centers. Please coordinate with your driver to alleviate delays in discharge. Patients' stay times for hospital procedures may be longer.

We cannot be responsible for your valuables (*watches or various jewelry items*). Please leave them at home.

Bring all insurance cards and a photo ID with you. Please check with your insurance company regarding prior authorization. Fee for services is required at time of check-in. Please be prepared to make a payment.

IGA recognizes that your time is valuable, and so is ours. If you need to cancel or reschedule an appointment, please do so more than 48 hours prior to your scheduled appointment arrival time at 208-343-6458. Late cancellations and no shows may be assessed a \$200 fee.