

Pinehurst Medical Clinic Endoscopy Center

Phone: 910-295-9364

Appointment Date: _____ Arrival Time: _____

Location: _____ Physician: _____

EGD INSTRUCTIONS

CONFIRMATION OF APPOINTMENT

1. You will receive an automated telephone reminder two weeks prior to the scheduled date of your procedure. During this phone call you will be able to confirm your appointment. If you do not receive this call you must call us at (910) 295-9364 to confirm your appointment.
2. You must confirm your appointment no later than 7 days prior to your procedure date. If you do not, your procedure will be cancelled.
3. If you confirm your appointment and then fail to arrive for your procedure and you have not given us at least 24 hours notice you will be charged \$100.00 for not keeping your procedure appointment.
4. Please review these instructions carefully and write down any questions you may have. It is very important that you begin to follow these instructions at least 10 days prior to your appointment to ensure that you understand it and are able to follow the directions. We may be reached at (910) 295-9364 if you have additional questions.

Please Note: Patients who are scheduled at the hospital will not receive a confirmation phone call from Pinehurst Medical Clinic.

A FEW DAYS BEFORE YOUR PROCEDURE

1. You will receive a phone call from one of our nurses to discuss your procedure.
2. If you have an artificial heart valve, please inform the nurse at this time.

DRIVER

You must have an adult who is at least 18 years old to drive you to the procedure appointment and drive you home. **The Driver must stay in the waiting area during the entire procedure. Patients cannot be dropped off and picked up later. Procedures will be delayed until the designated driver is in the waiting room.**

MEDICATION INSTRUCTIONS

If you have a drug covered stent (Cypher or Taxus) in place in your heart arteries, you should **NOT STOP ASPIRIN OR PLAVIX WITHOUT CHECKING WITH YOUR CARDIOLOGIST OR YOUR PRIMARY CARE PHYSICIAN.**

Pinehurst Medical Clinic Endoscopy Center

Phone: 910-295-9364

Ask your primary physician or your cardiologist if you can stop the following medications under our instructions:

1. **Plavix:** Stop taking five (5) days before your procedure.
2. **Coumadin:** Stop taking three (3) days before your procedure.

****Diabetic Patients: DO NOT TAKE diabetic medications (Pills or Insulin) the night before or the morning of your procedure.**

PROCEDURE DAY

Please do not eat or drink anything after midnight the night before your EGD or your procedure will either be delayed or cancelled.

You May Take the Following Medications with small sips of water only:

1. Blood Pressure and Heart Medications not listed above.
2. Asthma and Breathing Medications not listed above.
3. Anti-seizure Medications
4. Anti-Depressants.
5. Thyroid Medications

IF YOUR PROCEDURE IS AT 2PM OR LATER

1. You may have clear liquids no later than 8am. This includes water, tea, black coffee, broth, juice, or soda. You may use sweeteners. Clear jello without fruit, hard candy and Popsicles are allowed (**nothing red or purple.**) **Do not use any dairy products or creamers.**
2. **Do not eat or drink after 8am or your procedure will either be delayed or cancelled.**

ADDITIONAL INSTRUCTIONS:

1. Bring a list of your medications with the dosages to your procedure appointment.
2. Wear comfortable clothes that are easy to get into and out of. You may want to wear or bring socks.
3. Your driver may want to bring snacks while they wait for you. We do not have snack machines in the waiting room.
4. Do not wear fingernail polish
5. Do not wear necklaces, chains, bracelets, or earrings. You may wear your wedding band and a watch.
6. If applicable, please remove nose and/or tongue piercings prior to your procedure.
7. Please leave all valuables at home.