

PINEHURST MEDICAL CLINIC ENDOSCOPY CENTER
PHONE: 910-235-3177

Appointment Date: _____ **Arrival Time:** _____

Location: 15 Regional Dr. Pinehurst NC **Physician:** _____

Patient Name: _____

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) 235-3177 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 72 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) 235-3177 if you have additional questions.

A FEW DAYS BEFORE YOUR PROCEDURE:

You will receive an automated phone message that will give a brief overview about the Endoscopy Center. This information is provided to you in accordance with new Medicare guidelines.

THE DAY BEFORE YOUR PROCEDURE:

You will receive a phone call from one of our nurses to discuss your procedure.

YOU MUST HAVE A RESPONSIBLE DRIVER ACCOMPANY YOU!

The Driver must be **18 years or older** and stay in the waiting area. Patients cannot be dropped off and picked up later. Procedures will be delayed until the designated driver is in the waiting room.

SPECIAL MEDICATION INSTRUCTIONS:

If you take any blood thinners such as **Coumadin, Plavix, Effient, Eliquis, Xarelto, Brilinta, Aggrenox, Arixtra, Sayvaysa or Pradaxa** and you did not see one of our GI providers in clinic, please contact our office immediately. You may need special instructions concerning these medications. **Continue taking ASPIRIN as directed.**

****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 solid food after 7PM the night before your procedure. You may have clear liquids up until midnight. 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:

- Blood Pressure and Heart Medications not listed above.
- Asthma and Breathing Medications not listed above.
- Anti-seizure Medications
- Anti-Depressants.
- Thyroid Medications
- Aspirin

IF YOUR PROCEDURE IS AT 2PM OR LATER:

1. Do not eat solid food after 7PM. You may have clear liquids up until 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 clear liquids 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.

NOTE: This is an elective procedure. Patients must be aware that delayed complications may occur after the procedure especially if biopsies are taken or dilation is performed. The risk of complications is very low however the doctors recommend that you avoid travel for 14 days after your procedure.