

GASTROENTEROLOGY AND HEPATOLOGY CENTER

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INSTRUCTIONS FOR EGD (UPPER ENDOSCOPY)

RESTRICTIONS: Beginning 5 days prior to procedure

***Aspirin:** Stop taking aspirin and aspirin type products **5 days** before procedure unless directed otherwise. Avoid aspirin, Advil, Motrin, Aleve, Excedrin, iron pills, arthritis medications, NSAIDS or **any similar medications** for 5 days prior to the procedure. Tylenol is permitted.

***Please Stop Taking: Coumadin, Xarelto, Pradaxa, Effient, Eliquis and Plavix or any other blood thinners** 5 days prior to procedure unless otherwise directed.

***Supplements and Vitamins:** Stop taking any herbal medications, Vitamin E, Fish Oil, Multi Vitamins, etc. 5 days prior to procedure unless otherwise directed.

***Alcohol:** Do not drink alcohol or alcohol products starting 5 days before procedure, including **beer and wine**.

***Regularly prescribed medications, excluding those mentioned above CAN be taken the day before and the morning of the procedure at least 4 hrs prior to procedure time.

***Do not eat or drink anything after midnight** the night before the procedure. A few sips of water with medication are allowed. Hydration prior to midnight is advised.

***Arrange for a reliable adult to drive you to the procedure and to pick you up after the procedure. OPERATING A VEHICLE or any other machinery is PROHIBITED for at least 12 hours after the procedure because of the effects of the medications used for sedation.

***Please call our office if you have any questions regarding the procedure.