



## Prep for Gastroscopy (EGD) and/or Upper Endoscopic Ultrasound (EUS)

**Date:** \_\_\_\_\_ **Procedure Time:** \_\_\_\_\_ **Arrival Time:** \_\_\_\_\_

### In Preparation:

1. Any iron supplements should not be taken for one week prior to the day of the procedure.
2. If you take a blood thinner, check with your primary doctor who prescribes it as to when you should stop your medicine. If you are on Coumadin, an INR will be needed at least two days prior (no earlier) to your procedure. Please have your doctor fax this to our office at 952-368-3801 or bring the result to your appointment.
3. Do not stop taking aspirin if you are taking it for blood thinning purposes, otherwise stop taking it one week prior to your procedure.
4. Please bring a current medication list to your appointment.

### The Day of your Procedure:

1. Nothing to eat or drink after midnight the night before the procedure. If your procedure is scheduled for the afternoon, you may have clear liquids up to 6 hours prior to the procedure but nothing after that time.
2. Arrive at the procedure facility at your scheduled **ARRIVAL** time. **You MUST bring someone along who can drive you home after the procedure. If you arrive without a driver, the procedure will be cancelled and rescheduled for a more convenient time.**
3. During the procedure, you will be given medicine through an IV to help you relax.
4. You will be in recovery for a short period of time following the procedure. Plan at least 2-3 hours total for your procedure.

### After you are home:

1. If you have a delicate digestive system you **MAY** want to eat lighter than normal for your first few hours after your procedure.
2. Possibly avoid greasy and/or spicy foods until after you put something lighter into your system.
3. Unless otherwise directed, you may resume eating normally.
4. Resume all medications as directed by your physician.

**Please call us at 952-368-3800 for any questions before or after your procedure.**