

COLORADO CENTER FOR DIGESTIVE DISORDERS
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ESOPHAGOGASTRODUODENOSCOPY
(EGD)

DIETARY INSTRUCTIONS:

- **FOR A MORNING PROCEDURE, DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT.**
- **FOR AN AFTERNOON PROCEDURE, YOU MAY HAVE A CLEAR LIQUID BREAKFAST, THEN NOTHING BY MOUTH, INCLUDING WATER, FIVE HOURS BEFORE YOUR PROCEDURE TIME.**

Clear liquids include: water, black tea/coffee, apple juice, broth-chicken, beef or vegetable, white cranberry juice, white grape juice, 7up, ginger ale, Sprite, Mountain Dew, colas, jell-o, Gatorade, popsicles. **Avoid anything with red coloring.**

NOTHING TO EAT OR DRINK AFTER _____ AM/PM.

MEDICATION INSTRUCTIONS:

- **Please notify** us if you are taking any blood thinners such as Coumadin, Wafarin and Plavix. These may need to be stopped 3 days prior to your procedure. **Stop Date:** _____
- If you have diabetes and take insulin, take only half your usual dose and bring something to eat for after the procedure.
- If you typically take morning medication for heart problems, breathing problems, high blood pressure, or seizures, take these medications the morning of the procedure with only a small sip of water, if that is your normal time of taking you meds. If in doubt about whether to take your pills, simply bring them with you and take them after the procedure.

PROCEDURE DETAILS:

Date: _____ Check in time: _____ am/pm. Your procedure will take approximately 15 minutes. You will be at the facility for a total of approximately 1 ½ hours. If biopsies are taken, we will call you within a week with your results.

_____ **Colorado Endoscopy Centers** - 205 S Main, Ste A, Longmont, CO.

_____ **Longmont United Hospital** - 1950 Mountain View Ave, Longmont, CO, (303-651-5009). Day Surgery enter from the north side of the hospital off of 14th Ave. Check in at Patient Registration.

You must have someone drive you home after the procedure. If the person driving you does not remain at the hospital, they must be within a 15 minute distance and the nurse will notify them when you are almost ready to leave. **YOU ARE NOT ALLOWED TO TAKE A TAXI, BUS OR WALK HOME. IF YOU DO NOT HAVE A RIDE, YOUR PROCEDURE WILL BE CANCELED.** You will be asked not to drive for 12 hours after the sedation. Most people feel tired after being sedated so rest is recommended. You may resume regular activity the next day.

After your insurance is processed, you will receive a bill for **facility** charges and a bill from Front Range Gastroenterology for **physician** charges. If you have a biopsy, you will receive a bill from the lab where the work was done and from any pathologist involved.