

Patient Name:

DOB:

Procedure Date:

Arrival time:

## Upper Endoscopy (EGD) Preparation Instructions

You **must** be accompanied by a friend or relative to drive and assist you at home. We **WILL NOT** discharge you to a cab, bus, Uber/Lyft, or other transportation service without having a responsible party with you. You may not drive until the day after your procedure. We ask that your driver remains in the building or close by the facility.

### Preparing for your Exam: What to Bring

- A list of all medications you are taking, even over the counter medications
- Any vitamins and supplements you take
- Your insurance card and photo ID

### Blood Thinners/Anticoagulation

- If you are on an **anticoagulant/blood thinner** (other than aspirin) our nurse will call you with instructions after contacting your prescribing physician. **If you have not heard from our office 1 week prior to your procedure, please contact us at 610-431-3122**

### Medication and Other Instructions

- Do not take Iron supplements for 1 week prior to the procedure date (multi-vitamins are OK)
- Do not take water pills/diuretics on the day of the procedure (HCTZ (hydrochlorothiazide), Lasix (furosemide), Dyazide, Diovan HCT (spironolactone))
- Heart, Blood Pressure, Thyroid, Seizure and/or Anxiety medications **CAN** be taken on the day of the procedure with a **sip** of water 2 hours prior to arrival time
- If on Effexor, **stop** the medication **1 day before the procedure**
- **Asthmatic patients:** Bring your inhaler to the procedure
- **Diabetic patients:**
- **DO NOT** use cannabis 12 hours prior to the procedure
- **Remove** ALL facial piercings prior to arrival for the procedure
- **All weight loss medications and certain diabetic medications must be held prior to procedure.**  
**Please contact us if you have not received instructions or see form included in instruction packet**

### IMPORTANT NOTE

- You are scheduled to have an Upper Endoscopy. You **MAY NOT** have any liquids or solid foods (this includes candy, lozenges, gum) after midnight the night before your procedure. Brushing your teeth is permitted.
- **If you are unable to keep this appointment, call our office ASAP at 610-431-3122**
- Contact us in advance if there are any changes to your insurance. We may need to obtain prior authorization or approval from your insurance company
- Prep instructions, patient forms and FAQ's can be found on our website:  
[www.westchesterendocenter.com](http://www.westchesterendocenter.com)