



Digestive Health Consultants
Of Northern California

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PATIENT INSTRUCTIONS FOR EGD (UPPER ENDOSCOPY), ERCP and EUS

Arrival Date: _____ **Arrival Time:** _____ **Procedure**
Time: _____

Endoscopy Center 1200 Sonoma Ave #2 (707) 571-2192	Memorial Hospital 1165 Montgomery Dr. (707) 525-5224	Sutter Hospital 3325 Chanate Rd. (707) 576-4511	Healdsburg Hospital 1375 University Ave. (707) 431-6500
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Doctor: Auld Faust Ghassemi Hornberger Kohli Lustberg

PREPARATION INSTRUCTIONS:

7 Days Before the Exam:

- If you are taking *Coumadin (Warfarin), Plavix, Lovenox, Aggrenox, NSAIDS (Motrin, Advil, Naprosyn, Relafen or the like)* or any other blood thinning medication, **make sure you know if and when you are to stop these medications.** Call the office TODAY if you are unsure. You may continue to take a single aspirin tablet daily.

The Day Before the Exam:

The success of the exam is very dependent on your stomach being empty of food at the time of the examination. For this reason:

DO NOT DRINK or EAT ANYTHING AFTER MIDNIGHT the night before your examination. The only exception is if your procedure is scheduled at 1PM or later, you may have clear liquids such as water, tea or coffee (without dairy products or creamer), apple juice, Gatorade or Jello (no red, purple or orange color), bouillon/broth, consommé, Popsicles, and soda until 6 hours before your procedure is scheduled to begin.

Day of Exam:

- **If you are diabetic**, do not take your daily diabetic medication this morning. **ALL OTHER MEDICATION MAY BE CONTINUED, EVEN ON THE MORNING OF THE EXAMINATION.**
- Wear loose comfortable clothing, a short sleeved shirt, and warm socks.
- **You must have a driver to pick you up.** You cannot drive yourself home. If you do not have someone to drive you home, your procedure will be canceled. You may take a taxi home if you are accompanied by a responsible adult.

The hardest part is over! After you arrive for your upper endoscopy, you will meet with a nurse who will talk to you about your medical history, start an IV so you can get

fluids, and get you settled. After you meet with your doctor, you will be given medication to sedate you and keep you comfortable during your procedure. You will recover after your procedure for about 30 minutes, and will be given a written report with instructions to take home.

After the exam: **YOU MAY NOT DRIVE FOLLOWING YOUR EXAM** for the remainder of the day. You must make arrangements for transportation. Your procedure will last approximately 2-3 hours from the time you arrive to the time you are released. You may confirm your release time with the facility at the time of arrival.

If you have questions or if you are unable to keep this appointment give us 1 weeks notice. A cancellation fee of up to \$150 may be charged if you do not provide this notice. You may call the office at 544-5093 during our business hours--9AM to 5:00PM Monday to Friday.