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## Upper Endoscopy (EGD) Preparation Instructions

GASTROINTESTINAL DIAGNOSTIC CENTERS  
 Drs. Steiner, Yotseff, Dooreck & Cohen  
 www.browardgi.com

Unlike a colonoscopy or flexible sigmoidoscopy, **there is no special preparation** or laxative for an upper endoscopy (EGD).

**IMPORTANT: STOP** NSAIDs (i.e. Motrin, Advil, ibuprofen, Aleve, Naprosyn), and iron for one week prior to the procedure. **STOP** Aspirin, Plavix (or other antiplatelet agent) and Coumadin (or other anticoagulation agent) prior to the procedure **as instructed**. Tylenol (acetaminophen) is OK.

**NOTE: If you are also having a COLONOSCOPY then you should be using the COLONOSCOPY preparation sheet... NOT this sheet**

### Day Before Your Procedure

**Morning:** Normal breakfast. You can continue to eat and drink all day (**until midnight**).

**Noon:** Normal lunch.

**Evening:** Normal dinner.

**Note: Drink plenty of clear liquids** on the day before the procedure. **Take your usual blood pressure medications.**

**DO NOT EAT ANYTHING after midnight**

**You cannot drive | *Arrange transportation in advance***

**Referrals will be handled by our office for all procedures**

### Day of the Procedure

**DO NOT EAT OR DRINK ANYTHING THE DAY OF THE PROCEDURE**

- **TAKE YOUR USUAL BLOOD PRESSURE MEDICINE WITH A SIP OF WATER.**
- **For diabetics on insulin: USE ONE-HALF (1/2) OF YOUR USUAL INSULIN DOSE** the morning of the procedure and the other one-half (1/2) after the procedure.



**DATE** \_\_\_\_\_

**TIME** \_\_\_\_\_

**WALNUT CREEK MEDICAL CENTER**  
 1779 N. University Drive | Suite 101  
 Pembroke Pines, FL 33024  
**University & Taft**  
*NE Corner | Behind CVS & Wendy's*  
 (954) 963-0888

**MEMORIAL HOSPITAL PEMBROKE**  
 University & Sheridan | Outpatient  
*The hospital will call the day before*  
 (954) 962-9650