

GENERAL INFORMATION

- You must arrive one hour before your scheduled appointment or as instructed. Your entire stay at the facility will be approximately two hours.
- You are not allowed to take a taxi or public transportation home after your procedure.
- A friend or relative will need to accompany you out of the facility and drive you home.
- Someone will need to stay with you for at least two hours after you are discharged to ensure there are no problems from the sedation or procedure.
- After your procedure, do not drive a car for the remainder of the day or make any important decisions until the following day.
- Non-Palo Alto Medical Foundation (PAMF) personnel are not allowed in the procedure room. This is standard policy and exceptions cannot be made.
- Biopsy results are usually available within seven business days. Your doctor's office will inform you of your results.
- Leave valuables, including jewelry, at home.
- Wear comfortable clothing.

APPOINTMENTS

- All procedures are scheduled through the Fremont Center's Gastroenterology Department. If you do not hear from the Gastroenterology Department within five business days, please call (510) 498-2845.
- To cancel during a weekday, please call (510) 498-2845.
- If you need to cancel your appointment on a weekend, please call (510) 498-2800.

Community Based, Not For Profit



*Palo Alto Medical
Foundation*

A Sutter Health Affiliate

EGD PROCEDURE PREPARATION

Appointment Date: _____

Doctor: _____

Arrival Time: _____

Procedure Time: _____

***Fremont Center
2nd Floor
3200 Kearney Street
Fremont, CA 94538
(510) 490-1222***

EGD Preparation

Esophagogastroduodenoscopy (EGD) is a procedure that visualizes your upper gastrointestinal (GI) tract while you are under sedation.

Please read the following instructions. If you do not follow them carefully, your EGD procedure may need to be cancelled or repeated.

For more information about the benefits and risks of an EGD colonoscopy procedure, please call (650) 812-3829 to listen to a recorded summary on this topic.

Medication Instructions

Five days prior to your procedure, **STOP:**



- Aspirin and aspirin-containing products. Acetaminophen (Tylenol) can be continued or substituted as a pain reliever for aspirin.

Three days prior to your procedure, **STOP:**

- Coumadin (Warfarin) medication. If you have an artificial heart valve, you should talk with your primary care physician (PCP) or cardiologist about using an alternative anticoagulant.

Two days prior to your procedure, **STOP:**

- Anti-inflammatory medications (such as ibuprofen or naproxen).

Diet Instructions



- Do not eat or drink **six hours** prior to your procedure unless otherwise instructed.
- **Do not** drink alcohol.

Deviating from these instructions will result in the cancellation of your procedure.

Diabetic patients: Please confer with your PCP about adjustments to medications while on a clear liquid diet.

All patients should call the Department of Gastroenterology if they have questions about medications and/or diet during the preparation period at (510) 498-2845, (510) 498-2118 or (510) 498-2885.

Day of Your Procedure

- Take usual morning medicines, especially those for blood pressure, at least six hours prior to your procedure with a small amount of water.
- You may have clear liquids up until six hours prior to your procedure. **If you drink within six hours of your scheduled procedure, your appointment will be cancelled without exception.**