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**EGD PREP INSTRUCTIONS**  
**PLEASE READ THESE INSTRUCTIONS CAREFULLY**

*\*\*\*\* IF YOU HAVE DIFFICULTY WITH YOUR PREP OR BECOME ILL WHILE PREPPING, CONTACT OUR OFFICE (321-254-7375) AS SOON AS POSSIBLE AS WE MAY BE ABLE TO ASSIST SO THAT YOUR PROCEDURE DOES NOT HAVE TO BE CANCELED. WE DO HAVE AN ANSWERING SERVICE DURING NON-BUSINESS HOURS \*\*\*\**

**EGD PREP**

The EGD procedure does not require you to drink any special preps. Please follow the fasting instructions below.

**8 HOURS PRIOR / BEGIN FASTING**

You will need to begin fasting 8 hours prior to your procedure time. This means do not eat ANY solid foods. You may only consume CLEAR or LIGHT COLORED liquids (see "Liquid Diet")

**5 HOURS PRIOR / FULL FASTING**

Five hours prior to your procedure time, you need to completely stop eating and drinking any items. This includes: gum, mint, ice. If you consume ANY items your procedure WILL be canceled as you are placed at risk of aspiration or other complications. The ONLY exception is for those patients that have blood pressure or heart/cardiac medications that have to be taken.

**ARRIVING AT THE FACILITY ONE\* HOUR PRIOR**

Please make sure to arrive ONE HOUR PRIOR to your scheduled appointment time for your procedure. If you are scheduled at Surgery Center of Melbourne and your procedure appointment time is before 7:30am, please *do not* arrive until 6:30am. Additionally, if your procedure is scheduled at Steward (Wuesthoff), PLEASE ARRIVE 2 HOURS PRIOR to your appointment time.

It is *extremely* important that you have a driver and someone who will be home with you after the procedure. The facilities will NOT let you go home alone, or go home with transport only. Please be aware that this is a facility policy due to the anesthesia you will be given for your procedure(s).

**\*\*\*\*\* SPECIAL INSTRUCTIONS \*\*\*\*\***

**MEDICATIONS**

The only medication(s) you are allowed to take BEFORE your procedure is for blood pressure or heart/cardiac. These medications should be taken with the MINIMUM amount of liquid needed to swallow the medications. All other medications can be taken AFTER your procedure. If you are a Diabetic, or have other medications that you feel strongly about taking, you will need to coordinate between the Procedure Facility and your Primary Care or Prescribing Doctor (ie medications for: insulin, anxiety, pain). Please understand that the Procedure Facility has the right to cancel your appointment if you have taken anything by mouth within 5 hours of your procedure.

You will also need to hold any OTC aspirin or iron products for one week prior to your appointment. If you take either one of these types of products due to a medical provider's direction, please let our office know.



**LIQUID DIET**

Examples of acceptable items to consume during this stage of fasting include: water, tea, black coffee (no sweetener, cream or milk), apple juice, Sprite, Gatorade, chicken/beef broth, popsicles, Italian ice. DO NOT consume any liquids that contain the following color(s): green, blue, red, purple.

**CANCELLATION / NO SHOW**

If 5 business days notice is not given prior to your procedure date, you will be charged a \$100.00 fee. This fee is not covered by your insurance and must be paid prior to rescheduling. Patients who have to cancel due to unavoidable circumstances, will not be charged; these include or but not limited to: prep issues, health conditions, insurance issues.

***\* All procedure appointment times are subject to change, so please have time flexibility for the day of your procedure.\****

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