

Upper GI Endoscopy (EGD) Instructions

Please read carefully

Mesquite Gastroenterology & Surgery Center 7445 E. Tanque Verde Road Tucson, Arizona 85715 Phone: 520-722-0929 Fax: 520-722-0745 www.mesquitegsc.com	Tucson Medical Center TMC GI 5301 E. Grant Rd Tucson, Arizona 85712 Phone: 520-327-5461	St. Joseph's Hospital St. Joseph GI 350 N. Wilmot Rd Tucson, Arizona 85711 Phone: 520-873-3000
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You are scheduled for an EGD with Dr. Arenas at the following facility:

MSC

TMC GI

St Joseph GI

Appointment Date: _____ **Time:** _____ **Please arrive 30 minutes prior at:** _____

You must have a responsible driver to take you home after your procedure. This **DOES NOT INCLUDE** cab, UBER, or the equivalent thereof. Medical Transportation services are acceptable. If you cannot arrange for a responsible individual to take you home, please notify Mesquite Gastroenterology or Surgery Center. **If you arrive at the Surgery Center without acceptable transportation your procedure will be postponed.**

- If scheduled at TMC or St. Josephs, arrive 1 hour prior to your procedure time.

If you are taking **PHENTERMINE**, you must stop taking it 2 weeks before your procedure.

<p style="background-color: yellow; text-align: center; margin: 0;">5 DAYS BEFORE YOUR PROCEDURE</p>	<ul style="list-style-type: none"> <u>You must stop taking the following medications:</u> (If cleared by your Primary Care Physician or Cardiologist): Aspirin, NSAIDS (Advil, Ibuprofen, Celebrex, Naproxen, Meloxicam, Diclofenac Aleve) Coumadin, Eliquis, Heparin, Pradaxa, Plavix, Clopidogrel, Xarelto, or other blood thinners. If you must continue, please let us know. <u>STOP any bulking agents and vitamin supplements:</u> Metamucil, Citrucel, Gemfibrozil, Ginseng, Ginkgo, Garlic tablets, Vitamin E, Multi Vitamins, Fish Oil, and Iron supplements. Tylenol is acceptable to take during this time. <u>If diabetic and taking Steglatro, stop taking 4 days before your procedure. If you take Invokana, Farxiga or Jardiance stop at 3 days before your procedure.</u>
<p style="background-color: yellow; text-align: center; margin: 0;">THE DAY BEFORE/DAY OF YOUR PROCEDURE</p>	<ul style="list-style-type: none"> You may not eat anything after 12 midnight, the night before your procedure. Continue to take Tylenol, any heart, blood pressure, thyroid, seizure, and any other essential prescribed medications as normal. <u>You can have water only up until 4 hours before your exam</u> <u>DO NOT</u> chew any gum, suck on hard candies, mints or use chewing tobacco the morning of your procedure. <u>Stop drinking water 4 hours before your exam!!</u> Insulin dependent diabetics should take ½ dose insulin the day of your exam. Please come prepared to pay your outpatient procedure co-pay. Check with your insurance for your required amount. Female patients that experience stress incontinence when you cough or sneeze, you may wish to wear a panty liner or pad for your procedure.