



Birns, Gloger, Witten, Bhinder & Strongin, MD

Patient Name: _____

INSTRUCTIONS FOR ENDOSCOPY (EGD)

Date: _____ Time of Procedure: _____

Arrival Time: _____ with Dr. _____

Location: _____ **Urbana GI Endoscopy Center** – Phone # 240-436-6440
3280 Urbana Pike # 104 Ijamsville, MD 21754

_____ **GIEA** – Phone # 301-340-8099
15005 Shady Grove Rd # 200 Rockville, MD 20850

_____ **Shady Grove Hospital, Outpatient**–Phone # 240-826-7541
9901 Medical Center Dr Rockville, MD 20850

You must have someone drive you home. If you plan to take a taxi home, you must have someone accompany you. You will be ready to be discharged ½ to 1 hour after your procedure is complete.

You should receive a pre-op call before your procedure. If you do not, please call the office/center and make them aware.

Please leave all valuables and jewelry at home. Refrain from wearing cologne, perfume or lotion.

Please remember we require 72 hours notice for cancellations or rescheduled appointments. If you fail to give 72 hours notice you may be charged a cancellation fee.

ONE WEEK BEFORE THE PROCEDURE

You may take Tylenol as needed.

There are some medications to be held prior to your procedure.

- **Aspirin or Aspirin products** (including Excedrin) should be held for 1 week prior to the procedure. If prescribed by a physician, consult with that doctor first about your ability to safely hold these medications.
- **NSAIDS (Nonsteroidal Anti-Inflammatory Drugs)** such as Advil, Motrin, Aleve, etc. should be held for 3 days prior to the procedure.
- **Prescribed NSAIDS** (Voltaren, Relafen, Celebrex, Indocin, etc) should be discussed with your prescribing physician to see if you can safely hold for 3 days prior to procedure.
- **Blood Thinners** (Coumadin, Plavix, Persantine, Pradaxa, Xarelto, Aggrenox, etc.) should be discussed with your prescribing physician to see if they can be safely held and an appropriate time to stop them.
- All diabetic patients taking **insulin/oral hypoglycemic medications** should contact your prescribing physician regarding holding these medications prior to your procedure.

(see backside for additional information)

DAY OF PROCEDURE

Do not have solid foods after midnight. YOU MAY HAVE CLEAR LIQUIDS 4 HOURS PRIOR TO YOUR PROCEDURE BUT NO SOLID FOODS 8 HOURS PRIOR. Clear liquids such as water, strained fruit juices, Gatorade type products, or Crystal light products and coffee or tea are acceptable (NO SUGAR OR MILK PRODUCTS IN TEA OR COFFEE ON DAY OF PROCEDURE). **No milk products or milk substitute products, including breakfast shakes.**

****You must be totally fasting 4 hours before the procedure. This means you may have nothing to eat, drink, smoke or chew 4 hours prior to the procedure. Please follow these instructions to avoid the risk of a delay or cancelled procedure.**

Please call the office at 301-251-1244 OR 301-810-5252 during regular business hours if you have questions or need to reschedule your appointment.