

UPPER ENDOSCOPY (EGD) PREPARATION

YOUR PROCEDURE DATE _____

YOUR TIME _____ ARRIVE BY _____

****OUR NEW LOCATION: Maryland Endoscopy Center****

100 West Road
Suite 115
Towson, Maryland 21204
410 494-0144

Park outside front entrance and enter through from lobby. Bear toward the right, entrance is down a long hallway.

****PLEASE NOTE; PROCEDURES ARE NO LONGER BEING DONE AT GREEN SPRING STATION****



****PLEASE CAREFULLY READ THESE ENTIRE INSTRUCTIONS AT LEAST ONE WEEK IN ADVANCE****

****BY LAW, YOU ARE REQUIRED TO ARRANGE IN ADVANCE FOR SOMEONE TO DRIVE YOU HOME FOLLOWING THE PROCEDURE. YOU MUST HAVE AN ESCORT OR YOUR PROCEDURE WILL BE CANCELED. TAXIS ARE NOT ACCEPTABLE.**

****PLEASE STOP ASPIRIN AND ASPIRIN CONTAINING PRODUCTS ONE WEEK BEFORE YOUR PROCEDURE DATE.**

PLEASE NOTE: IF YOU ARE TAKING THE FOLLOWING DRUGS AND HAVE NOT YET DISCUSSED THEM, PLEASE NOTIFY OUR OFFICE TO GET FURTHER INSTRUCTIONS FROM DR. BELITSOS: PLAVIX (CLOPIDOGREL) (SOMETIMES CANNOT BE STOPPED) OR COUMADIN (WARFARIN) (USUALLY SHOULD BE STOPPED FIVE DAYS BEFORE).

WHAT YOU SHOULD DO TO PREPARE

It is extremely important that your stomach be completely empty and clear of all solids and liquids. Otherwise, you may be at risk for aspiration during the procedure. We recommend that you consume NO SOLID FOOD AT ALL on the day of the procedure. Furthermore, we recommend that you have NO LIQUIDS BY MOUTH FOR SIX (6) HOURS before the procedure time. If necessary, you can take your essential medications up to four hours before the procedure, but only with a sip of water. If you must, you can safely have up to six (6) ounces of clear liquid (water, carbonated drink, clear broths, plain tea, or black coffee. No milk, cream, or dairy substitutes) up to four (4) hours before the procedure, but prefer that you not take anything by mouth for six hours.

WHAT YOU CAN EXPECT BEFORE AND AFTER THE PROCEDURE

You will be brought into the preparation area about 30 minutes before the procedure time. You will be interviewed by a nurse who will review your completed paperwork with you. An IV will be inserted into your arm and you will receive IV fluids prior to the procedure. Dr. Belitsos will review the informed consent form with you which you will be asked to sign. Once you are in the exam room, you will be briefly interviewed by the nurse anesthetist who will place monitoring equipment and then safely administer a deep sedative agent in your IV line. You will be completely unaware during the procedure which will take 10-15 minutes and will not experience any pain or discomfort. You will awaken within a few minutes of the procedure and will be observed for another 30 minutes in the recovery area before you are discharged. Dr. Belitsos will briefly review the results of the exam with you before you leave with your escort.