

**TERRY C. LIN, D.O. INC.**  
**Gastroenterology and Hepatology**  
**Therapeutic Endoscopy**  
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**GENERAL INSTRUCTIONS FOR  
ESOPHAGOGASTRODUODENOSCOPY (EGD)**

**PATIENT:** \_\_\_\_\_

**DATE OF PROCEDURE:** \_\_\_\_\_

**Location:** \_\_\_\_\_

**BEFORE THE PROCEDURE:**

1. **Do not** bring any valuables to the procedure.
2. Prescription medications should be continued throughout the preparation. The morning of the exam you may take your medications with a sip of water at 6:00 a.m. unless Dr. Lin instructed you otherwise.
3. If you are diabetic, please bring your morning insulin or oral medications with you. Consult your primary care physician regarding specific instructions.
4. You **may not** take aspirin or anti-inflammatory drugs (e.g. Motrin, Advil, Naprosyn, Aleve) for one week prior to your exam. You **may** take Tylenol.
5. If you take **Coumadin** or another **Blood Thinner**, let us know immediately.
6. This procedure is non-invasive and does not require antibiotics to be taken if you have a heart murmur.
7. If you are having an upper endoscopic procedure (EGD), do not eat or drink after midnight the night before the procedure, unless directed otherwise.

**AFTER THE PROCEDURE:**

1. **YOU CANNOT DRIVE YOURSELF HOME AFTER THE EXAM.** You must arrange for a friend or family member to bring you, wait during the procedure, and then drive you home. **You may not drive until the next day.**
2. You may be sleepy, forgetful the rest of the day. It is desirable to go home and rest until the next day. Plan to have someone stay with you for a couple of hours following the procedure.
3. Do not return to work or drink alcohol until the next day.

**UPPER ENDOSCOPIC PROCEDURES: EGD, DILATION, ERCP**

1. Do not eat or drink for 60-90 minutes after the exam to allow time for the numbness in your throat to wear off. If you eat anything with your throat numb, it may go into your windpipe instead of your food tube (esophagus).
2. Once the feeling in your throat returns, start with sips of water. After tolerating sips of water, you may progress to your usual diet, or diet prescribed by your physician.
3. Your throat may be sore for the first 24-48 hours. If so, gargling with warm water will help.
4. If the injection or I.V. site is sore, red, or swollen, apply a warm wet washcloth for 15-20 minutes four times a day. Call the office if symptoms persist after 48 hours.
5. Call our office (day or night) if you have any chest or abdominal pain, fever over 100°F, black stools, or vomiting bloody or brown material.

**PLEASE BE AWARE**

**Patients with Secure Horizons may have a \$200 facility co-payment. For all other Insurances' please verify with your insurance company for possible co-pay portions.**

**\* There may be a charge applied for any missed appointments. Please be sure to give us 24-48 hours notice of any cancellations. Thank you.**