

## THE FRIST CLINIC

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### **EGD INSTRUCTIONS-IMPORTANT**

DAY: \_\_\_\_\_ DATE: \_\_\_\_\_ ARRIVAL TIME: \_\_\_\_\_ PROCEDURE TIME: \_\_\_\_\_

NAME: \_\_\_\_\_ go to \_\_\_\_\_ by the arrival time and check in with the receptionist. Please call (615) 342-6081 Monday-Friday between the hours of 8:00 a.m. and 4:30 p.m. if you need to reschedule your appointment. This courtesy will release the time for another patient. If you have an urgent need to reach us outside of these hours please call (615) 342-6010.

#### **ONE DAY BEFORE TEST:**

1. Eat regular diet.
2. **Nothing to eat or drink after midnight the night before procedure.**

#### **MORNING OF TEST:**

1. Nothing to eat or drink.
2. **Patient's may take their heart and blood pressure medications at least two to three hours before the appointment time with a few sips of water.**

✓ **You will need a driver 18 years or older to take you home.** You will NOT be allowed to drive Or work the day of your test. Your driver must stay here until you are ready to leave. If you use Lyft or Uber you must have someone with you. The hospital will not release you to Uber or Lyft if you are alone.

✓ Bring a list of medications with dosages, your health insurance information, and photo ID.

✓ **Please inform our office prior to your procedure if you have a latex allergy.**

- **If you have had a heart stent placed in the last year, please contact your PCP or cardiologist to get clearance on discontinuing your blood thinner for 5 days prior to the procedure. Please contact our office after speaking with your PCP or cardiologist.**
- ✓ If you have not had a heart stent placed in the last year, **do not take any blood thinning medication 5 days before your test. This includes:** This includes: Coumadin, Plavix, Pradaxa, Eliquis, Effient, Xarelto, Ibuprofen, and Aleve.
  - If you take medications for arthritis please check with the nurse about taking your medications.
  - **You may continue your Aspirin.**  
**Tylenol is ok if you need to take a pain reliever.**
  - If you take an evening dose of insulin, take only one half of your regular dose. Hold your insulin the morning of the procedure until after your procedure.
  - Do not wear cologne, perfume or scented lotions.