



GRANITE PEAKS GASTROENTEROLOGY

EGD/ERCP/PEG PREPARATION INSTRUCTIONS

www.GranitePeaksGI.com

phone 801.619.9000

Read all instructions thoroughly.

If you have severe allergies to soy beans or eggs, please contact us immediately.

The Day before your Exam

- **Do not eat solid food after midnight**
- **You may drink clear liquids up until 2 hours before your arrival time**
- **Nothing by mouth 2 hours before you arrive**
- **Clear liquids include:** water, sports drinks, black coffee, tea, any soda (light or dark), broth, jello, popsicles, juice without pulp

Bring with You

- Bring a list of **prescription** and **over-the-counter** medications you are taking
- Include the dosage/strength and last time the medication was taken
- Complete all paper work that was sent to you and bring it with you
- Bring your Photo ID, Insurance card and information
- If you are sedated, you **MUST** have a responsible driver to drive you home
- **You must have your driver remain in the facility waiting area during your procedure**

Medications

- **Take your regularly prescribed medications** (including heart, blood pressure, asthma, seizure, pain, and anxiety medications.) **If you have an inhaler, bring it with you!**

Patients on Blood Thinners (COUMADIN, WARFARIN, PLAVIX, EFFIENT, PRADAXA)

- **If you are taking blood thinners call your prescribing physician and ASK if you may stop taking the medication for 3 days before your procedure.**
- You **may** continue taking aspirin, ibuprofen, and other anti-inflammatory medication.

Diabetics

- Test your blood sugar before coming in for your procedure and bring the reading with you.
- If you take **oral medication or insulin do not take it** the morning of your procedure.
- **Bring your insulin with you.**
- If you have any questions regarding your oral medication or insulin dosages, please contact the physician that manages your diabetic care.

Nursing Mothers

- After receiving sedation, pump and dump twice before nursing your baby.

If you have any questions after reviewing these instructions, please refer to our website www.GranitePeaksGI.com, or call your physician.