

EGD/ ERCP/ PEG PLACEMENT PREP

Please read all enclosed information carefully. Please complete all forms enclosed. Bring these completed forms, your insurance card(s), and your copayment or deductible on the day of your procedure.

If you take Coumadin, Warfarin, Plavix, or any blood thinning medication, have an artificial heart valve, or an allergy to Latex, please call the office where your appointment is scheduled for further instructions.

Prep Instructions: (Please read carefully and follow)

____ EGD (Upper Endoscopy) ____ EGD/ED (Upper Endoscopy with Esophageal Dilation)

No solid food after 10pm. Clear liquids only up until 4 hours prior to your procedure. (Take your blood pressure and heart medications with a small sip of water 4 hours prior to your procedure).

____ ERCP (Endoscopic Retrograde Cholangiopancreatography)

No solid food after 10pm. Clear liquids only up until 4 hours prior to procedure. (Take your blood pressure and heart medications with a small sip of water 4 hours prior to procedure).

____ PEG Placement or change (Percutaneous Endoscopic Gastrostomy tube placement)

If you are taking nourishment by mouth, you are to have no solid food after 10pm. You may continue tube feedings or clear liquids up until 4 hours prior to procedure. (Take your blood pressure and heart medications 4 hours prior to procedure).

Clear liquids include: broth (plain), coffee, tea (no milk or cream), juices that contain no pulp, sodas (diet okay), sports drinks, Jell-O without fruit and popsicles. Please no red, orange or purple flavorings.

**If you have any questions or need further instructions
please call the office where your appointment is scheduled.**

YOU MUST BE ACCOMPANIED BY A FRIEND OR RELATIVE TO DRIVE YOU HOME.

YOU MAY NOT DRIVE, OR GO HOME BY TAXI OR BUS.

IF YOU DO NOT HAVE A DRIVER, YOUR PROCEDURE WILL BE CANCELLED.

**YOU CAN HAVE CLEAR LIQUIDS ONLY UNTIL 4 HOURS BEFORE
YOUR PROCEDURE. NOTHING BY MOUTH AFTER THAT.
(NO GUM OR MINTS)**

Rocky Mountain Endoscopy Centers, L.L.C

Medication Instructions for DIABETICS ONLY - EGD

If you are **UNSTABLE** with your diabetes, please call your prescribing doctor for instructions on adjusting your insulin prior to your procedure. Stable Diabetics please follow these instructions:

INSULIN CONTROLLED DIABETICS:

1. **THE MORNING OF THE EXAM, DO NOT TAKE ANY HUMALOG OR REGULAR INSULIN.** You may take 1/2 your **NPH** or **LENTE** Dose.
2. **IF YOU TAKE LANTUS INSULIN, DO NOT CHANGE YOUR DOSE.**
3. If you are using an **insulin pump**, continue your **usual basal rate**.
4. Check for low blood sugar the **MORNING** of the exam and report the level to the nurse when you arrive at the endoscopy lab.
5. **YOU MAY TAKE GLUCOSE TABLETS IF YOUR BLOOD SUGAR IS LOW THE MORNING OF THE EXAM.**
6. **Resume your normal Insulin dosage when your exam is complete an you are eating well.**

ORAL CONTROLLED DIABETICS:

1. **Do not take any diabetic pills (except Actos or Avandia) the morning of your exam.**
2. Check for low blood sugar the **MORNING** of the exam and report the level to the nurse when you arrive at the endoscopy lab.
3. **YOU MAY TAKE GLUCOSE TABLETS IF YOUR BLOOD SUGAR IS LOW THE MORNING OF THE EXAM.**
4. **Resume your normal diabetes medicine when your exam is complete and you are eating well.**