



Southwest Gastroenterology Associates P.C.

7788 Jefferson St NE Albuquerque, NM 87109

Phone: 505-999-1600 Fax: 505-999-1650

Southwestgi.com

(EGD) Esophagogastroduodenoscopy Prep		
Date:	Time:	Physician:
Location: Southwest Endoscopy		
7788 Jefferson St NE, Albuquerque, NM 87109		
Please call to confirm appointment 505-999-1600		

The following instructions are your physician’s specific instructions. Please follow the instructions carefully to ensure a successful prep.

You can reach your physician’s office at: 505-999-1600

NO SHOW: Any patient who fails to keep their scheduled procedure will be charged a \$100.00 fee. The fee must be paid prior to rescheduling any appointments.

Cancellations: must be made 72 business hours prior to your scheduled procedure. Any cancellation made less than 72 business hours will be charged \$100.00. For Monday appointments, cancellations must be made by noon on the preceding Friday. This fee will have to be paid prior to rescheduling the appointment.

Changes in Health Status: Please contact our office for evaluation if you have had any significant changes in your health status between the time your procedure was scheduled and your procedure date. Significant changes can include a heart attack or starting a new anticoagulant (blood thinners). Please also contact our office if you develop or are experiencing flu-like or COVID related symptoms.

Examples of blood thinning medication include; Arixtra (fondaparinux), Beryxxa (betrixaban), Brillinta (ticagrelor), Coumadin (warfarin), Effient (prasugrel), Eliquis (apixaban), Plavix (clopidogrel), Pradaxa (dabigatran), Savaysa (edoxaba), Ticlid (ticlopidine), Xarelto (rivaroxaban)

If you recently started taking any medications listed above, please contact our office immediately at 505-999-1600.



EGD PREP

7 days prior to procedure	Day of procedure
<p>Special Notes: Let us know if you are on any of the following blood thinners: Plavix, Coumadin, Effient, Pradaxa, Eliquis, Xarelto or other blood thinning medications.</p> <p>Stop taking iron supplements or vitamins containing iron.</p> <p>Stop taking fish oil, krill oil or shark oil supplements.</p>	<p>MORNING PROCEDURE (before 12:00pm): Do not have anything solid to eat or drink (no liquids) after midnight the night before your procedure. Take your usual medications at least 2 hours prior with small sips of water only. Do not skip heart, blood pressure or seizure medications. No gum, mints, candy, or tobacco products.</p> <p>AFTERNOON PROCEDURE (after 12:00pm): You may have a clear liquid breakfast. No solid foods, milk or milk products. Alcohol is not permitted Do not have anything solid to eat or drink (no liquids) for 8 hours prior to your procedure. No gum, mints, candy or tobacco products.</p> <p>Take your usual medications with small sips (no more than 2oz) of water at least 2 hours prior to your procedure.</p> <p>Do not skip any heart, blood pressure or seizure medications.</p>

*Clear Liquid Diet Details: **NO RED OR PURPLE. NO DAIRY**

<u>Approved</u>	<u>Avoid</u>	
<ul style="list-style-type: none"> ✓ Sodas, coffee and tea ✓ Clear juices, fitness water ✓ Popsicles without pulp ✓ Chicken, vegetable and beef broth ✓ Gelatin 	<ul style="list-style-type: none"> × No milk/dairy × No juices with pulp × NO RED or PURPLE 	

EGD PREP

THE DAY OF THE PROCEDURE

All patients are required to check in for your procedure 60 minutes prior to the procedure time. If your procedure is before 7 AM, please check in at 6:15 AM. Our office opens at 6:15 AM. You should plan for your visit to take between 2-3 hours.

TAKE YOUR BLOOD PRESSURE MEDICATIONS, HEART MEDICATIONS, OR SEIZURE MEDICATIONS AS PRESCRIBED **WITH A SMALL SIP OF WATER** (no more than 2oz) NO LATER THAN 2 HOURS PRIOR TO YOUR PROCEDURE OR YOUR PROCEDURE WILL BE CANCELED. YOU CANNOT HAVE CHEWING GUM, HARD CANDY, OR TOBACCO PRODUCTS THE DAY OF YOUR PROCEDURE.

You must arrange to have a responsible adult (18 or older) come with you to your procedure to drive you home. You are not allowed to drive, take a bus, or leave the facility alone. Your driver does not need to stay at our facility during your procedure but needs to remain reachable by phone. The staff will call your driver 30 minutes before you are ready to be discharged.

- You will need your current insurance card, picture ID, and copayment.
- If you are female under age 50 you may need to submit a urine specimen for a pregnancy test.

Prep Frequently Asked Questions

What are some high fiber foods I should avoid?

Raw fruits and vegetables are typically high in fiber, as well as nuts, seeds, whole grain breads and beans and lentils.

What are some good options for low fiber foods?

Choose white bread and white rice for lower fiber options, as well as pastas made with white flour.

Chicken, fish, dairy and eggs are also low in fiber and good choices for foods 2-3 days before you begin your prep.

If I eat popcorn or seeds 3 days before my procedure do I need to reschedule?

You will not need to reschedule your procedure; however, the seeds or nuts may cause a difficulty in screening and require a need for rescreening. If you have eaten a large amount of seeds or nuts, you may want to contact the nurse or physician.

Can I drink ALCOHOL on the liquid diet?

Alcohol is not allowed as part of the liquid diet.

If you have any questions or concerns about the preparation, please contact our office at 505-999-1600.

Revised: 04/28/2023