



Southwest Gastroenterology Associates
7788 Jefferson St NE, Albuquerque, NM 87109
Phone: (505) 999-1600
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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 an appointment will be charged a \$100.00 fee for scheduled procedure appointments. The fee must be paid prior to rescheduling any appointments.

Cancellations must be made 72 hours prior to your scheduled appointment. Any cancellation made less than 72 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.

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: 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: 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 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 	

THE DAY OF THE PROCEDURE

If your procedure is before 7 AM, please check in at 6:30 AM. Our office opens at 6:30 AM.

- TAKE YOUR BLOOD PRESSURE MEDICATIONS, HEART MEDICATIONS, OR SEIZURE MEDICATIONS AS PRESCRIBED WITH A SMALL SIP OF WATER AT LEAST 2 HOURS PRIOR TO 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.
- You will need your current insurance card, picture ID, and copayment.

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

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.

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