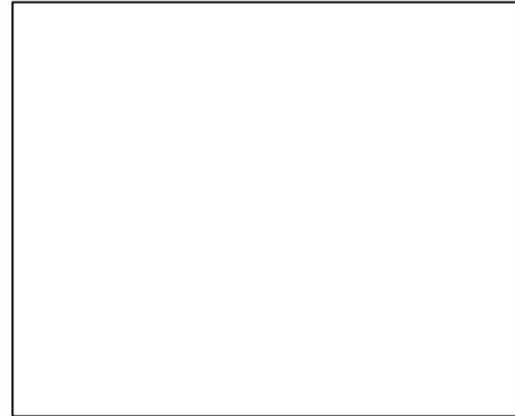




www.IslandViewGastro.com

CALL OR TEXT 805-641-6525



UPPER GASTROINTESTINAL ENDOSCOPY
ESOPHAGOGASTRODUODENOSCOPY (EGD)

Your doctor has requested that you undergo an examination to visualize the inside of your esophagus (swallowing tube), stomach, and duodenum.

Your endoscopy is scheduled on _____

Please report by _____

Please check in at:

- Ventura Endoscopy Center (VEC)**-5810 Ralston St. Suite 101, Ventura, CA 93003
- Community Memorial Hospital (CMH)** - 147 N. Brent St. Ventura, CA 93003 (Mountain Tower)
- Ventura County Medical Center (VCMC)** - 300 Hillmont Ave. Ventura, CA 93003 (Admitting)

FIVE DAYS PRIOR TO THE PROCEDURE STOP TAKING BLOOD THINNERS(e.g. PLAVIX, COUMADIN, OR WARFARIN)

GLP-Antagonists used for weight loss and/or diabetes may need to be stopped prior to your procedure. See the attached sheet for more information on what medications qualify as a GLP- Antagonists and a timeline of when to stop your medication.

UNLESS OTHERWISE STATED BY YOUR DOCTOR

· Preparation for Procedure·

The night before the procedure, you may have nothing to eat after **7pm**. NO SOLID FOODS. You can only have *clear liquids until midnight. NO SOLID FOODS. At midnight you can't have anything to drink or eat, only very small sips of water. NO SOLID FOODS in the morning, you may drink small sips of clear liquids up to 4 hours before the procedure.

*Examples of clear liquids:

- Water
- Coffee and tea (no cream, milk or dairy)
- Light-colored or clear juices (apple, white grape, pulp-free lemonade) and sports drinks (NO RED DRINKS)
- Chicken, beef, or vegetable broth
- Clear sodas
- Dye-free Jello and gelatin (NO RED JELLO)

If taking any medications not listed above you are allowed to continue taking them if they cannot wait.

No fluids 4 hours before your arrival time.

BLOOD PRESSURE MEDICATION MUST BE CONTINUED

VERY IMPORTANT-YOU MUST HAVE TRANSPORTATION. AS YOU WILL BE SLIGHTLY SEDATED AND UNABLE TO DRIVE!! NO UBER/LYFT/TAXI/PUBLIC TRANSPORTATION UNLESS ACCOMPANIED BY A RESPONSIBLE ADULT (18YRS)

YOU WILL BE THERE FOR APPROXIMATELY 2 ½ HRS FROM YOUR CHECK IN TIME

During the Procedure

You will change into a hospital gown and be given medication intravenously to make you sleepy. Your doctor may treat the back of your throat with a gargle or spray to make it numb. When relaxed properly, the endoscopy will be placed in your mouth and you will be asked to swallow it. This is easily done because of the relaxing effect of the medication. The tube will not interfere with your breathing. If there are any questions of an abnormality, a biopsy (thin piece of tissue) will be taken for microscopic examination.

After the Procedure

As soon as the tube is removed, you may burp the air, which has been trapped in the stomach during the examination. Discomfort after the test is generally limited to mild soreness of the throat, which may last a day or two. After the test is completed, the doctor will be able to discuss the finding of the examination with you and your companion/driver. It is very important that you make arrangements to have someone bring you to the Center/Hospital and take you home. Some people are very sleepy and are confused after the exam and forget instructions or findings given by the doctor. If you are unsure about any information given to you, please call our office for a brief follow-up/or leave a number where the doctor can return your call.

If biopsies are taken, please call in 2 weeks at 805-641-6525 for the results.

PLEASE NOTE: If a biopsy is taken, you will be billed separately by the hospital or laboratory.