

Jefferson City Medical Group: Division of Gastroenterology  
1241 West Stadium Blvd., Jefferson City, MO 65109  
Phone: 573-556-5736 Fax: 573-556-1719

## EGD INSTRUCTIONS

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APPOINTMENT DATE: \_\_\_\_\_

ARRIVAL TIME: \_\_\_\_\_

PROCEDURE TIME: \_\_\_\_\_

PROCEDURE LOCATION: St. Mary's Hospital / JCMG Outpatient Surgery

\*If you are scheduled at St. Mary's you will get a phone call the night prior to your exam for pre-op questions.

\*JCMG Surgery Center is located in the back of the main JCMG Building, and there is a separate parking area for Surgery Center Patients. Please call ahead for questions or directions. The Surgery Center doors open at 6:30 a.m.

1. **You MUST have someone drive you home after the procedure. You may NOT use public transportation UNLESS you have an additional person to accompany you home from the procedure.**
2. Please avoid **additional** Aspirin, NSAIDS (Ibuprofen, Aleve, Naprosyn, Motrin, Naproxen, Advil, Mobic, etc), and alcoholic beverages 5 days prior to the procedure. **It is OK to take standard daily Aspirin.** Tylenol is ok to use.
3. IF you are taking Coumadin/Warfarin, Plavix, Effient Aggrenox or any other blood thinning medication, please ask your prescribing doctor to see if you are able to stop those medications 5-7 days prior to your procedure. If you are unable to come off those medications, please contact our office prior to your procedure.
4. **Nothing to eat or drink after midnight.** However, if your procedure is later in the day, the morning of your exam you may have clear liquids ONLY up to 4 hours prior to your procedure time. **NO FOOD / NOTHING RED IN COLOR.** For example; water, coffee (NO CREAMER), tea, soda, or juice.
5. You may take your blood pressure or heart medications with a small sip of water the morning of your procedure.

If you have any questions regarding these instructions, please call 573-556-5736.

**It is important that our office be notified of rescheduling or cancellation at least 3 days prior to your scheduled procedure. There may be a \$75 rescheduling/no show fee if this is not done!**