



You will receive a call from our office to schedule your procedure. You can also call the office at (586) 649-9009, option 3 if you wish to speak with a member of our Alliance Health staff. The hospital will call the day before with the time of your procedure

* If you have not received your call by 3:45p.m., please call (586) 263-2120 ext. 0 to get your arrival time

Kim Flowers
GI Coordinator

Monday - Friday 8:00am - 4:00pm
(586) 649-9009 ext. 713

EGD PREPARATION INSTRUCTIONS

The following instructions are your Doctor's specific directions. Please follow the directions carefully.

IF YOU CANNOT KEEP THE APPOINTMENT, PLEASE GIVE AT LEAST 72 HOURS CANCELLATION NOTICE.

4 DAYS BEFORE THE PROCEDURE

- Please read all directions carefully.
- If you are taking blood thinners such as Coumadin, Eliquis, Xarelto, Pradaxa or Plavix, you should discuss holding medication with your prescribing doctor whether or not you should stop these medications prior to scheduled procedure date.
- If your specific medical condition allows, it is safest if performed off these medications
- **If you cannot stop these medications for the four days prior to your test, please contact our office and discuss with us at 586-649-9009, option #3.**
- Stop taking iron pills, fish oil, Metamucil, Perdiem, Citrucel and any other bulk laxative four days prior to your procedure.

THE DAY OF THE PROCEDURE

- If you are on Insulin, we ask that you hold your morning dose the day of your procedure. If you take insulin more than once daily or are on oral medications for your diabetes, contact your primary care physician for further instructions regarding your diabetic medications.

8 hours before your arrival time:

- do not eat anything
- only drink clear liquids

3 hours before your arrival time:

- do not eat anything
- Please drink up to 12 ounces (1.5 cups) of Gatorade or Powerade (No reds, blues or purples)

2 hours before your arrival time:

- do not eat anything in the 2 hours before your arrival time
- do not drink anything in the 2 hours before your arrival time



WHAT TO BRING WITH YOU

- **Bring your driver-** it is necessary to have someone with you to drive you home. They will be required to check in with you.
- Bring insurance cards and any payment or co-payment required for the procedure.
- If you do not use the MyCIG Website, please bring a list of all Medications you are currently taking.
- Bring your driver's license or photo ID.

WHAT TO WEAR

- Wear comfortable, loose fitting clothing.
- Wear flat shoes or tennis shoes.
- Do not wear any jewelry.

If you cannot keep the appointment you must give 72 hours cancellation notice