Preparing For EGD (esophagogastroduodenoscopy)

- PLEASE BRING DRIVER
- PLAN ON TAKING DAY OFF FROM WORK/SCHOOL

Please Read and Follow the Instructions

What to Bring:
- Arrange for someone to drive you home. If you have not arranged for someone to drive you home your procedure will be cancelled. We prefer the driver to stay during the procedure. You will be sedated during your procedure and will not be allowed to drive for 12 hrs. In addition, someone will need to be with you and check on you after the procedure. You must have a responsible person over the age of 16 to accompany you home.
- Many insurance carriers (not Medicare) and managed care companies require pre-authorization or pre-certification. To obtain coverage for these procedures, you will need to contact your insurance company. Our office is happy to answer any questions or help with any insurance situations; however it is ultimately your responsibility to contact your insurance and to know the benefits that covered by your policy. If you need assistance or have questions call our authorization coordinator at 435-716-1260.
- Bring your insurance cards and your co-pay(s) you will have one co-pay for the physician and one for the hospital.
- Bring picture I.D.

Day of your Exam
- DO NOT EAT OR DRINK ANYTHING 7 HOURS prior to your procedure. Do not take any medications or antacids the morning of the procedure unless instructed by your physician. If you have a slow emptying stomach or your physician has told you your stomach does not empty completely (gastroparesis) stop eating high residue foods (high bulk, high fiber, high roughage) the day before your procedure.

What to Wear:
- Wear comfortable loose fitting clothing that is easy to step into. Wear flat shoes or tennis shoes. Do not wear jewelry/watch or bring valuables.
Medical Conditions If you have any of the conditions listed below follow the instructions:

- **Diabetes** - Normally we recommend that you do not take your oral hypoglycemic or insulin before your procedure. Bring it with you to take after your procedure. Check your blood sugar frequently and the morning of your procedure.
- **Aspirin** – If you are taking aspirin due to a doctor’s order to prevent stroke or heart attack continue to taking the aspirin. Stop taking your aspirin if you take it for other reasons.
- **Ibuprofen, Advil, Excedrin, Motrin** - Stop 7 days prior to your EGD
- **Coumadin (warfarin), Plavix (clopidogrel), Heparin, Lovenox (enoxaparin) or other anticoagulants** – call your Primary Care Physician or Cardiologist for instructions. Notify our office with recommendations.

About Your Visit Time:
All procedures vary in length. Due to these differences your procedure start time may need to be adjusted on the day of your procedure. Every effort will be made to keep your appointment at the scheduled time. Unexpected delays and emergencies may occur and your wait time may be prolonged. We give each patient the attention needed for their procedure. 

You should plan to stay at the hospital 2-4 hours.

Directions and Parking
The Endoscopy (GI) department is located on the fourth floor of the Logan Regional Hospital. Our address is 1350 North, 500 East, Logan. The easiest way to get to the department is park in the Budge Clinic parking lot off 1300 North. Enter the Budge Clinic south entrance door and take the elevators to the 4th floor.

Confirming Appointment
We will need to confirm your appointment 1 week before your procedure. There are pre-procedure questions the nurses in the GI lab will need to ask.

Cancel or Questions
If you have questions please call 435-716-1260. For cancelation we require 72 hours’ notice or as soon as possible.

You will be receiving a phone call from Intermountain Health Care to register you. If you need financial assistance call:
- 801-442-1023