

GEISINGER
SCENERY PARK

200 Scenery Drive, State College

For more information,
or to schedule an
appointment please call

814.272.7200

WWW.GEISINGER.ORG

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REDEFINING BOUNDARIESSM

PATIENT INFORMATION

WELCOME TO GEISINGER
ENDOSCOPY CENTRE

Upper Endoscopy Preparation (EGD)

Dietary and Drug Restrictions

Aspirin. If aspirin was prescribed by your doctor, continue to take as directed; otherwise, stop one week before procedure.

Anti-Inflammatory Medicines. If anti-inflammatory medicines (ibuprofen—Motrin, naproxyn—Aleve, etc.) were prescribed by your doctor, continue to take as directed; otherwise, stop two days before procedure.

Aspirin and Plavix. If you are taking aspirin and Plavix, continue taking the aspirin and check with your doctor about stopping Plavix one week before procedure. If your doctor does not want you to stop taking Plavix, contact the Endoscopy Centre at 814-231-4572.

No chewing tobacco, gum or hard candy after midnight.

The Day Before the Procedure

Diet as usual, but have nothing to eat after midnight. You may have clear liquids.

The Day of the Procedure

Take nothing by mouth for three hours before the scheduled start of procedure. If you are taking antacids, do not take them the day of your procedure unless instructed to do so by your physician.

Clear Liquid Diet. Start at noon the day before the procedure. Broth, bouillon, black coffee, black tea (no dairy products or creamers), Jello, fruit juice without pulp, Gatorade, soft drinks and popsicles. Avoid red and purple Jello and liquids.

After Your Procedure

Your throat may be numb for up to two hours. Do not eat or drink anything until all the numbness wears off. Take a few sips of water before trying solid foods. If your throat is scratchy or sore after the procedure, use a Cepacol or Chloraseptic lozenge for relief.

Your doctor has referred you to the
Geisinger Endoscopy Centre. Your appointment is

_____ at _____

If for any reason you cannot keep this appointment, please call 814.272.7200. Thank you.

Your physician has recommended you to the Geisinger Endoscopy Centre for a procedure. Please be certain to review the instructions for your procedure at least one week prior to your appointment as there are several things you will need to do to prepare.

When you arrive, please enter through Entrance One. You will check-in at the Registration Desk located on the first floor. After you have completed checking in, you will be directed to the second floor for your procedure.

Please note:

- You will need to have someone drive you home following the procedure. You may not walk home or use public transportation (bus, taxi or senior van). You may not drive until the following day. If you do not have someone to drive you home, the procedure will not be performed.
- We are not responsible for any valuables (purses, jewelry, wallets). Please do not bring these with you.
- All body piercings must be removed.
- Do not wear contacts.
- Be sure to bring your insurance card with you.

If you have a question regarding your procedure or the prep, please call 814.231.4572 between 7 am and 3:30 pm to speak to one of our nurses.

If you cannot keep your appointment for any reason, please call our Appointment Desk at 814.272.7200.