

1015 S. Hackett Rd.  
Waterloo, Iowa 50701  
319.234.5990

*CedarValleyGI.com*



## Digestive Health Center

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# EGD Instructions

### **\*\*\*If you are experiencing difficulty swallowing or food sticking:**

**7 days prior to the procedure** (unless otherwise instructed) stop taking the following:

*Ticlid (ticlopidine) ~ Plavix (clopidogrel) ~ Aggrenox (aspirin/dipyridamole) ~ Effient (prasugrel)*

**5 days prior to the procedure** (unless otherwise instructed) stop taking the following:

*Coumadin (warfarin) ~ Iron supplements ~ Metamucil/other fiber supplements ~ Products that contain olestra*

**2 days prior to the procedure** (unless otherwise instructed) stop taking the following:

*Pradaxa (dabigatran etexilate) ~ Xarelto (rivaroxaban) ~ Eliquis (apixaban)*

**\*\* If you forget to discontinue any of these medications, please call our office between the hours of 8:30 a.m. and 5:00 p.m. or let the nurse know when you arrive for your procedure. It is not necessary to call after normal business hours. \*\***

### **\*\*If you are diabetic:\*\***

- Do **Not** take any of your diabetic medication or insulin on the morning of the procedure.
- If you check your blood sugar, please do so on the morning of your procedure.

**Do not eat anything 8 hours before your procedure.**

**You may drink clear liquids (water, juice, or soda) until 4 hours prior to your procedure.**

**\*You may take heart, blood pressure, seizure, anti-rejection, and/or anti-anxiety/depression medication the morning of your procedure. If there are any medications you feel should not be missed, please call the office to check. When you come in, let the nurse know what medications you have taken that day.**

1. If you use inhalers, please bring them with you.
2. You must have a driver due to the sedation you will receive. You will not be able to drive or work until the next day.
3. Wear loose, comfortable clothes: you may feel bloated after the procedure.

Date of procedure: \_\_\_\_\_ Arrival time: We will call the day before your procedure between 12:00-4:30 p.m. with your arrival time.

**\*\* The time that we give you is the ARRIVAL time. Your procedure typically starts within 1 1/2-2 hours following your arrival. \*\***

**\*\* EXPECT TO BE HERE 3-4 HOURS \*\***

<b>Location:</b> Cedar Valley Digestive Health 1015 S. Hackett Rd. Waterloo, IA 50701	Grundy County Hospital 201 E. J Ave. (Main Entrance #1)	Buchanan County Health Center 1600 1st St. East Independence
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**Follow-up office visit:** \_\_\_\_\_

If you have any questions or concerns, please call our office at 319-234-5990.  
Office hours are Monday–Friday from 8:30am - 5:00pm, with phones answered 24 hours per day for emergencies.