

SPEC

SOUTH PLAINS ENDOSCOPY CENTER

EGD Instructions

Report to South Plains Endoscopy Center (SPEC) 3610 24th Street Lubbock, TX
(SPEC will call you prior to your procedure with your actual check in time.)

Read all instructions carefully:

--If you take the following blood thinners please stop them **5 (five) days BEFORE** the procedure. These medications will increase your risk of bleeding if a polyp is removed during your procedure:

___ Plavix (clopidogrel) ___ Effient (prasugrel)

___ Brilinta (ticagrelor) ___ Coumadin (warfarin)

--If you take the following blood thinners please stop them **2 (two) days BEFORE** the procedure. These medications will increase your risk of bleeding if a polyp is removed during your procedure:

___ Pradaxa (dabigatran) ___ Eliquis (apixaban)

___ Xarelto (rivaroxaban) ___ Savaysa (edoxaban)

--It is OK for you to continue taking your Aspirin (all doses) and anti-inflammatory medications up until the day of the procedure.

--Take your blood pressure or seizure medicine with a sip of water at your normal scheduled time or a minimum of one hour before arriving at the Endoscopy Center.

--If you use an inhaler, please bring it with you to your procedure.

--If you are a diabetic, please check with your diabetic specialist regarding whether to take your insulin or oral hypoglycemic medications. Please bring your insulin to your procedure.

--If you are a smoker, please abstain from smoking the day of your procedure.

General important information:

PLEASE NOTE: **You must have an adult accompany you the day of your procedure**, even if you take a cab. The medical procedure staff must be able to contact whoever will accompany you. If this person cannot be confirmed prior to the procedure, your procedure will be rescheduled for your safety. • You should not drive a car, operate machinery, or make any legal decisions until the day after your procedure. • An Uber/Lyft is not an acceptable form of transportation unless you have someone accompany you.

--Bring your glasses to sign papers. (Do not wear contact lenses.) Leave all jewelry/valuables/money at home unless a deposit is required. Be prepared to wait, as some procedures take longer. Wear warm socks and comfortable clothing on the day of the procedure.

--In accordance with the ASGE and AGA guidelines antibiotic prophylaxis are not recommended for the endoscopies performed at South Plains Endoscopy Center, therefore it is not necessary for you to take any prior to your procedure.

FOR A MORNING EGD:

1. For a morning EGD, **nothing by mouth after midnight the night before**. No gum, mints or hard candy after midnight.
2. Take your heart, blood pressure, or seizure medicine with a sip of water at your normal scheduled time or a minimum of one hour before arrival.
3. Wear warm socks and comfortable clothing on the day of the procedure.

FOR AN AFTERNOON EGD:

1. For an afternoon EGD, **you may drink clear liquids until 8 am**. Clear liquids allowed include: coffee, tea, soft drinks, water, clear fruit juices, bouillon, sport drinks, and Jello. No gum, mints or hard candy the day of procedure. **NO MILK PRODUCTS OR SOLID FOODS ALLOWED.**
2. Take your heart, blood pressure, or seizure medicine with a sip of water at your normal scheduled time or a minimum of one hour before arrival.
3. Wear warm socks and comfortable clothing on the day of the procedure.