

Novant Health Gastroenterology Brunswick

EGD Preparation

Your procedure has been scheduled at:

	Novant Health Brunswick Medical Center 240 Hospital Drive NE Bolivia, NC 28422
	Novant Health Brunswick Endoscopy Center 13 Medical Campus Drive NW, Suite 101 Supply, NC 28462

Your procedure will be performed by:

	Dr. Scott Itzkowitz
	Dr. Frank Holt

Procedure Date: _____

Estimated Arrival time: _____

Medication instructions:

GENERAL INSTRUCTIONS:

- **You will need a responsible adult to drive you to and accompany you at your appointment. They should remain at the location of your procedure until you have been discharged to leave the facility after the procedure is complete. You should plan to be at the facility 2-4 hours. Please DO NOT use a taxi, shuttle or bus for transportation. You will not be able to have your procedure unless you have a responsible adult present with you during your entire visit.**
- Tylenol (acetaminophen) may be taken for a pain reliever.
- STOP taking oral iron or fiber supplements **5 days** prior to your procedure.
- If you are diabetic, you should hold your Metformin (Glucophage) for **24 hours before** your procedure. Any other oral diabetic medications should be held the morning of the procedure. Please check your blood sugar before arriving to your procedure. Notify the team immediately when you arrive for the procedure if your blood sugar is 70 or below.
- If you are on Coumadin or other anticoagulants, let your doctor know so that further instructions can be provided.
- Stop taking diet pills such as phentermine **2 weeks** prior to your procedure.

PROCEDURE INSTRUCTIONS:

- Nothing to eat or drink after midnight
- Leave all valuables at home
- Remove nail polish and makeup

OUTPATIENT DISCHARGE INSTRUCTIONS:

1. It is advised that you go home and rest for the remainder of the day.
2. For the next 24 hours:
 - DO NOT** Drive or operate any machinery.
 - DO NOT** Consume any alcoholic beverages.
 - DO NOT** Sign any legal documents or make critical decisions.
3. Drink plenty of fluids to stay hydrated.
4. You may resume normal diet.

***If you have any questions regarding your procedure, please call the office at 910-754-5988. We are available Monday through Friday from 8 a.m. until 4:30 p.m.**

***If you need to cancel or reschedule your procedure, please call 910-721-4246. We ask that you give at least 72 hour notice of any cancellations or reschedules. Scheduling hours are Monday through Friday from 8 a.m. until 4:30 p.m.**

Thank you for choosing Novant Health Gastroenterology Brunswick for your healthcare needs. We are committed to providing you the best care possible. We hope your experience is remarkable!