

## EGD INSTRUCTIONS

PT: \_\_\_\_\_

Procedure date: \_\_\_\_\_ Morning Procedure time- 0630-1130am   
Afternoon procedure Time 12:00pm on

**\*The Nursing Staff will call you 1-2 days prior to your procedure to give you an exact your arrival time.\***

### Location:

United Surgery Center Murrieta, 25150 Hancock Ave., Ste. 208, Murrieta, CA 92562, (951)698-8805

United Surgery Center Temecula, 31469 Rancho Pueblo Rd, #100, Temecula, CA 92592, (951)303-6890

United Surgery Center Orange 1140 W. La Veta Ave Suite 550 Orange CA 92868 (714)835-3636

United Surgery Center Irvine 15825 Laguna Canyon Rd Ste 100 Irvine CA (949)679-6700

United Surgery Center Brockton 6858 Brockton Ave Ste 100 Riverside CA (951) 788-4400

United Surgery Center-Mission Viejo 23732 Crown Valley Parkway Ste 241 Mission Viejo CA  
(949)364-2611

United Surgery Center Encinitas 477 N. El Camino Real Suite A210 Encinitas CA 92024 (760)334-8805

### PROCEDURE PREPARATION:

- Nothing to eat/drink after midnight before the procedure.
- **Arrange a responsible adult driver. (Uber/Lyft, Bus, Taxis are not allowed).** Plan to be at the facility for approximately 2-2.5 hours from the check-in time.
- Please inform the staff if you are taking any blood thinning medication, including *Aspirin, fish oil, Coumadin/Warfarin, Plavix/Clopidogrel, Eliquis, Pradaxa, Xarelto, Brilinta* as these need to be held 5-7 days in advance. **STOP Phentermine at least 2 weeks prior to exam.**
- Avoid seeds, nuts, fiber and iron supplements 3-4 days prior to the exam
- You will not be able to eat or drink ANYTHING after midnight the night before your procedure
- Essential prescribed medications (blood pressure, thyroid) may be taken as scheduled on the day of the procedure with exception to blood thinners and diabetic medications.

### POST PROCEDURE:

- You will be given endoscopic results and discharge instructions in recovery
- Details of your procedure and pathology results will be discussed at your follow up office visit (2 weeks following the exam)
- Plan to rest at home the day of your procedure, normal activities may be resumed the following day. Refrain from driving on the day of your procedure.
- Hydrate well and avoid heavy exercise for 2-3 days.
- You will receive a call from the surgery center the day after your procedure to follow up with you and answer any additional questions that you may have.