

EGD/ERCP INSTRUCTIONS

Dr. Sindhu Abraham 972-867-0019

SCHEDULED AT:

DIGESTIVE HEALTH CENTER OF PLANO (FORMERLY PRESTON CROSSING ENDOSCOPY CENTER)
3500 Preston Rd. Suite 200, Plano TX 75093 (972) 985-2300

MEDICAL CITY PLANO HOSPITAL 3901 W. 15th St. Plano, TX 75075 Outpatient Registration next to ER (972) 596-6800, (972) 519-1148

PHYSICIAN FEE _____

MEDICAL CITY PLANO FACILITY FEE CALL (800) 980-5794

FIVE DAYS PRIOR TO YOUR PROCEDURE:

- STOP VITAMIN E AND OMEGA 3 FISH OIL. STOP DRINKING ALCOHOL.
- Stop taking ASPIRIN or ASPIRIN-CONTAINING PRODUCTS, non-steroidal anti-inflammatories (NSAIDs), and blood thinners. Examples include, but are not limited to: COUMADIN, PRADAXA, ELIQUIS, XARELTO, ALEVE, NUPRIN, MOTRIN, ADVIL, IBUPROFEN, EXCEDRIN, RELAFEN, ANAPROX, LODINE, FELDENE, ECOTRIN, NAPROSYN, TOLECTIN, VOLTAREN, DOLOBID, MOBIC, CELEBREX, ALKA-SELTZER or PLAVIX. If you have any questions about your medications, please call our office or your pharmacy. You may take Tylenol or Acetaminophen as needed.

YOUR PHYSICIAN MAY CANCEL YOUR PROCEDURE IF ANY ASPIRIN, ASPIRIN CONTAINING PRODUCTS, ANTI-INFLAMMATORIES, OR BLOOD THINNERS ARE TAKEN DURING THE 5 DAYS PRIOR TO YOUR PROCEDURE.

THE NIGHT BEFORE YOUR PROCEDURE:

- If you are diabetic and on insulin-take ½ your usual dose of insulin. If you take oral medicines for diabetes, **DO** take those as usual. Do NOT consume just sugar-free liquids.
- Do not eat or drink anything after midnight.
- If your procedure is scheduled after 12:30 pm, you may have clear liquids **until 4 hours prior to check-in time** (broth, gelatin, clear juice without pulp, popsicles, tea, coffee (without cream or milk).

THE DAY OF YOUR PROCEDURE:

- **Take your BLOOD PRESSURE AND HEART MEDICINES** at your usual time with a small sip of water, unless otherwise instructed by your physician. Your procedure may be cancelled if your blood pressure is too high from not taking your medicines.
- **DO NOT TAKE YOUR DIABETES MEDICINE OR INSULIN** the morning of the procedure.
- **DO NOT CHEW GUM OR SUCK ON HARD CANDY WHILE WAITING FOR YOUR PROCEDURE.**
- **YOU WILL NEED SOMEONE TO DRIVE YOU HOME AFTER THE PROCEDURE. YOU WILL NOT BE ALLOWED TO TAKE A TAXI, UBER, OR BUS HOME.** Please call our office (972) 265-3396 for information on medical transportation services if you do not have a ride available.