

## patient preparation for outpatient esophagogastroduodenoscopy (EGD)

Dear patient: Welcome to Tri-City Colonoscopy Clinic. We are very pleased to be part of your health care team. Our clinic strives to provide you with efficient, up to date, state of the art, expert endoscopy care. **Please read this document in its entirety.** If you have any questions please call 519-650-2777. Any of our staff would be happy to assist you.

### confirmation

Please confirm your appointment time at least 10 days before the procedure date (earlier is better). **If you fail to confirm your appointment, your appointment slot may be given to another patient.**

### cancellation

We require at least **7 business days' notice** when cancelling your scheduled procedure. If you fail to give us 7 business days' notice on cancelling, or if you fail to show up for the procedure, a bill will be issued for \$150.00.

### consenting process

When you arrive for your procedure, the doctor scheduled to do the test will take time to review your medical history, explain the procedure thoroughly, and sign your consent before the endoscopy.

Please note that you will not be able to work on the day of your procedure. **ALSO NOTE THAT YOU WILL NOT BE ALLOWED TO DRIVE FOR 24 HOURS AFTER YOUR TEST.** This is the law. The drugs you will be given to sedate you for the procedure interfere with your ability to focus and operate a motor vehicle. **You will need to make arrangements to have someone drive you home after your procedure. Even if you are taking a taxi, you MUST be accompanied by a responsible adult.** The person accompanying you home will need to come in and walk you out of the clinic. You **cannot** leave the clinic on your own. As your safety is our first concern, there will be NO EXCEPTIONS. We require a phone number at which your driver can be contacted.

### 5 days before your procedure:

Stop taking all Aspirin/Aspirin-related medications (Ticlid, Plavix, Motrin, Naproxen, Aleve, Advil, Ibuprofen). If you are unsure if your medication contains Aspirin, please check with your pharmacist. Stop taking iron supplements. If you feel the need to take a painkiller for a headache, muscle aches etc., **acetaminophen** (e.g. Tylenol) is a safe option.

If you take blood thinning medications such as Warfarin, Coumadin, Heparin, Eliquis, Xarelto, or Brilinta, you will need to see one of our endoscopists in consultation first before a procedure is scheduled. This consultation can be arranged expeditiously. **Continue all other medications as prescribed.**

### On the day of your endoscopy:

You may drink clear fluids only. **DO NOT have any solid food.**

Stop drinking all fluids 4 hours before your procedure. Failure to follow instructions will result in your procedure being cancelled. **Please note that chewing gum and hard candy are not permitted.**

**Fluid suggestions:** water, apple juice, white grape or white cranberry juice, ginger ale, Gatorade, clear broths, Jell-O (not red or purple). You may drink coffee or tea without cream/milk.

**Avoid:** all alcohol, juices with pulp, dairy products, and red or purple coloured fluids.

**Please bring a complete and up-to-date list of all your current medications and your valid OHIP card. If you use glasses, please bring them to your appointment.** Leave valuables at home.

Please arrive **no later** than 60 minutes ahead of your scheduled procedure time. Anticipate your departure from the clinic approximately 2-2 ½ hours after your arrival.

Welcome to Tri-City Colonoscopy Clinic. We look forward to meeting you!