



Nevada Gastroenterology

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GASTROSCOPY PREPARATION

Patient Name _____ Appointment Date _____

- Nevada Gastroenterology Check-in Time _____
 Northern Nevada Medical Center
 Other _____

Your physician has determined that a gastroscopy is necessary to evaluate your esophagus. A quality examination and good results will be dependant on an adequate preparation of your Esophagus. Retained solid material (Food) can mask significant conditions that may be present. If your esophagus is inadequately cleansed, the procedure may need to be repeated at a later date. **Therefore, it is necessary to follow these instructions exactly as written.** If you have any questions, please call our office prior to your procedure so we may take care of any concerns ahead of time.

Special Considerations:

If any of the following applies to you, please let us know well in advance of the examination so that we can provide special instructions:

- **You take Coumadin (or any blood thinner)**
- **You have an artificial heart valve or any condition requiring antibiotics**
- **You have diabetes**

Special Instructions:

You are required to have a driver for your procedure. Do not take any blood thinners 3-5 days prior to your procedure. If you are taking blood thinner prescribed by a doctor like Coumidin or Plavix please notify our office. Do not stop taking blood thinners prescribed by your doctor with out your doctors permission.

The Day Before The Procedure: ____/____/____

- ❑ You may have your usual diet during the day **but only clear liquids after 8 p.m.** {water, clear sodas, clear fruit juices (pulp-free, no red or purple), and bouillon} Your stomach must be empty when we perform the examination.
- ❑ Follow your normal medication schedule with sips of water or other clear liquids.

The Day Of The Procedure: ____/____/____

- ❑ Do not eat anything before the procedure except for small amounts of clear liquids such as water, clear sodas, clear fruit juices (pulp-free, no red or purple), and bouillon (**absolutely nothing by mouth 4 hours before the procedure**).
- ❑ Take your usual a.m. medications (high blood pressure medication, etc.) up to 4 hours before the procedure with small sips of water. If you have an early procedure (before 10 a.m.) you should take your a.m. medications right after the procedure.
- ❑ **DO NOT FORGET TO ARRANGE FOR TRANSPORTATION AFTER THE PROCEDURE, AS YOU WILL BE SEDATED AND UNABLE TO DRIVE FOR THE REMAINDER OF THE DAY.** You can plan on being at the procedure center approximately two hours. You will not be able to drive a car, operate any machinery, or go to work until the following day.
- ❑ If you are coming from **out of town** or staying at some place other than your main residence, please call our office and leave a number where you can be reached.

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