



Procedure: EGD/Upper Endoscopy

Please read all instructions at least 7 days before your endoscopy

- Our office will request clearance from your cardiologist or primary care provider, if you have any of the following conditions:
 - Chronic Heart or Kidney Disease
 - Cardiac Stent or Artificial Heart Valve
 - Cardiac Pacemaker or Implanted Defibrillator (AICD)
 - Endocarditis (bacterial infection of the heart valve), OR
 - You are taking any anti-coagulants or blood thinners.
- If you currently take a blood thinning medication, we will call you with specific instructions when to hold your medication once we received approval from your cardiologist and/or primary care provider.

Arrange for a responsible adult (at least 18 years of age) to drive you to (Owensboro Health Regional Hospital, located at 1201 Pleasant Valley Road, Owensboro, KY 42303) and accompany you there throughout your procedure and recovery period, drive you home afterwards, and be available to check on you the remainder of the day.

The day before your EGD:

- Nothing to eat after 8:00pm, and nothing to eat or drink after midnight

The day of your EGD:

- Nothing to eat or drink until after your procedure
- You may take any blood pressure or heart medications with a few sips of water at 4:30am
- Take only ½ of your morning dose of insulin, and do not take any oral medication for diabetes.
- Please bring all current medications with you
- Please bring your insurance card and picture ID
- DO NOT bring money, jewelry, valuables or a purse to the hospital, and plan to leave your cellphone with your escort while you are undergoing your procedure

If you have any questions pertaining to your prep instructions, please call our office at (270) 417-7800