

Surgical Practice, Ltd.

EGD INSTRUCTIONS

Before the Procedure

- Have a light meal for dinner on the day before the procedure.
- DO NOT eat or drink anything after midnight the night before the procedure.
- You may take your regular medications the morning of the procedure. **If you are a diabetic, check with your physician before taking your medication.**
- Arrive at the hospital at least one hour before your scheduled procedure.

After the Procedure

- You may resume a normal diet and medications as tolerated unless otherwise instructed by your physician. Start with a light meal to minimize “bloating”.
- If the IV site is painful or red, place a warm compress on the site until it improves. If it does not improve within 24 hours, please call your physician.
- A small amount of rectal spotting (stool, mucous, or blood) may occur after the procedure.
- Please call the doctor immediately if any of the following occur:
 - Severe abdominal pain
 - Oral temperature greater than 100 degrees F
 - Heavy rectal bleeding (not spotting)
 - Vomiting blood
- If you had a biopsy or polypectomy, please follow these additional instructions:
 - Rest quietly and minimize activity for the first 24 hours
 - Avoid exercising, lifting heavy items for 72 hours
 - Avoid straining with bowel movements
 - Avoid medications containing aspirin for 7 days
 - Do not travel out of town for at least one week

Your physician may change or give additional instructions after the procedure

***A physician may be reached 24 hours a day, 7 days a week, by calling our office at 630-527-6300. After normal business hours, the answering service will take a message and contact the physician on call.