



We at Glacier Surgical wish you a quick recovery from your procedure! The best way to do so is to follow the pre- and post-operative regimen described below. These will help guide you in preparing for your EGD and what to expect after.

After your EGD Today

- We suggest you relax and take a nap since you have been sedated and may not have slept well last night.
- You may eat when you get home if you are not feeling sick to your stomach or bloated.
- We recommend you eat something light since you have not had food for over 12 hours in some cases. Avoid fried foods, fatty foods, and large quantities of food.
- Call us right away for:
 - Severe or new onset abdominal pain that doesn't improve by passing gas.
 - Rectal bleeding that turns the entire toilet bowl red (more than a half of a cup).
 - Fever greater than 101.5 F or chills.
 - Vomiting blood, black or coffee ground looking material.
 - Severe dizziness, fainting or chest pain.

Your EGD results

- Normal
- Gastritis
- Biopsies were performed
- Esophagitis
- Other findings

Follow up: _____

New Medication: _____

I have read and understand the above instructions.

Patient signature

Date/Time

Physician signature

Date/Time

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