



Name: _____ DOB: _____ Date of Exam: _____

EGD Pre and Post Procedural Instructions

Please contact your facility to pre-register

Mat-Su Regional Hospital at (907) 861-6858

Susitna Surgery Center: (907)861-6540

The facility does not schedule the times for procedures until the day before.

Someone from the hospital/surgery center will call you the afternoon before the EGD with the time to arrive at the hospital. If you have not heard from them, you may call our office at the number above, after 2:30pm the day before your scheduled procedure for the time of arrival. Read all instructions before beginning your prep.

Please arrange a ride with a family member (18+) or close friend from the hospital/surgery center. You must have a ride to take you home, no public transportation allowed unless you are still accompanied by another responsible adult (not the cab driver).

Special Instructions/Medications to Hold:

Preparation for EGD:

- Wear loose comfortable clothing.
- **DO NOT WEAR** any jewelry, makeup, lotions, or fingernail polish. Any rings that are too snug to be removed should be removed by a jeweler and left at home. Any hidden piercings or studs should also be removed and left at home.

Preoperative Fasting Guidelines

Use Hospital Arrival Time

Type of food and drink	Minimum Fasting Period (hours)
Clear liquids Medications with a sip of clear liquid as prescribed	2 hours
Light meal Non-Clear Juices/Drinks Non-human milk	6 hours
Regular meal (may include fried or fatty food and meat at patient's discretion)	8 hours

Definitions:

- 1) Clear liquids: water, clear fruit juices such as apple juice or white cranberry juice (without pulp), plain tea, black coffee (no cream or milk added), clear, electrolyte-replenishing drinks such as Pedialyte®, Gatorade®, or Powerade® or carbonated beverages.
- 2) Light meal: one that is easy to digest and has few calories; foods which are low in fat and protein content
 - a. Acceptable foods: toast, crackers, fruit, broth, apple sauce
 - b. Foods NOT acceptable: fatty or fried foods, meat, cheese, and high fat dairy products.

Shannon Gulley, M.D., F.A.C.S. • Kaitlin Peace, M.D., F.A.C.S

425 East Dahlia Ave., Suite J, Palmer, AK 99645 • Phone 907-746-1520 • Fax 907-746-1521



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.

I have read and understand the above instructions.

Date

Patient/Guardian

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