

195 Capitol
Lander, WY 82520



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Travis S. Walker, MD
Board Certified General Surgeon

Preparation for EGD

Name: _____

Your examination is scheduled on _____, _____ at the
Lander Regional Hospital.

**If you do not hear from the hospital by 2:00 p.m. the day before your procedure,
please call for your procedure time. Outpatient Services phone number is (307)
335-6567.**

Patient Instructions (Please Follow Instructions Carefully)

The Day Before Your Procedure:

1. You may eat breakfast and lunch. After 2:00 p.m., **ONLY CLEAR LIQUIDS**. Clear liquids are as follows: bouillon, apple juice, plain Jell-O (not red, please), popsicles (not red, please), 7-up, sprite, ginger-ale, tea or coffee with sugar, no cream or any other milk product, please. **DO NOT DRINK ANY ALCOHOL!**
2. Please consume as much clear liquids as can be tolerated to prevent dehydration.
3. If you are diabetic, please check with the hospital on when to stop your diabetic medications.
4. **DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT.**

THE MORNING OF YOUR PROCEDURE

If you are taking any heart or blood pressure medications, please take them with a sip of water before going in for your procedure.

Please notify us if you are taking Coumadin, Plavix or Heparin (blood thinner).

You must make arrangements for someone other than yourself to take you home and to be with you for 24 hours after the examination due to the effects of the medications that may be given to you. The effects can last up to 36 hours.

YOU ARE ADVISED NOT TO GO TO WORK, DRIVE A CAR, OPERATE MACHINERY OR DRINK ALCOHOL FOR A FULL DAY AFTER THE EXAMINATION.

Call immediately for any of the following problems after the procedure:

1. If you have lightheadedness
2. If you are faint
3. If you have shortness of breath
4. If you have nausea
5. If you have sharp pains in your abdomen
6. If you have an increased temperature of 101° or greater
7. If you have large amounts of bloody stools or persistent bloody stools

You may resume normal activities and resume your normal diet when you feel able.