



Reddy GI Associates

1810 S. Crismon Road, Suite 191, Mesa, AZ 85209
595 N. Dobson Road, Suite A-15, Chandler, AZ 85224
P: 480.393.0575 F: 480.704.4019

Sudhakar A. Reddy, MD
Jose Lopez, MD
Tushar Gohel, MD
Shahbaz Qureshi, MD
Sharon R. Magalona, FNP-BC
Janice Amihan, AGNP-C
Steve Kalfus, ANP-C
Ayn Larson, PA-C

EGD PREPARATION

YOU WILL NEED A DESIGNATED DRIVER ON THE DAY OF YOUR EXAM. You are not allowed to drive, take a taxi or bus or leave the endoscopy area ALONE.

5 days before your exam:

- Discontinue supplements and medications containing iron.
- HOLD BLOOD THINNERS AS DIRECTED (Coumadin, Warfarin, Pradaxa, Xarelto, Eliquis, Brillinta, Plavix, Aspirin, etc.)
- If you are diabetic, please contact our office for instructions. **480.393.0575**

3 days before your exam:

- Prepare list of medications and allergies.
- Confirm that your driver is able to take you home.

NPO FOR 8 HOURS.....NO FOOD OR DRINK BY

**MOUTH OR BY TUBE FEEDING 8 HOURS BEFORE
THE PROCEDURE!**

If your appointment is **BEFORE 12:00:**

- Do **NOT** eat anything after **MIDNIGHT** the night before your procedure.
- Morning medications may be taken as usual, with the exception of the above mentioned items.
- You **MUST STOP** all clear liquids **8 HOURS** prior to your procedure time.
- **NO SOLID FOODS** the day of your procedure.

If your appointment is **AFTER 12:00:**

- Morning medications may be taken as usual, with the exception of the above mentioned items.
- You may have a light breakfast. ***See list below of acceptable foods***
- DO NOT EAT ANYTHING 8 HOURS BEFORE YOUR PROCEDURE.
 - Example: If your appointment is at 1pm, you MUST have your breakfast prior to 5am.
- You may have CLEAR LIQUIDS after light breakfast.
- You **MUST STOP** all clear liquids **8 HOURS** prior to your procedure time.

*** If you fail to follow these directions, your appointment may be canceled and rescheduled to a later date or time. ***

Light Breakfast Items:

- White bread, low-fiber cereals
- Eggs, tofu
- Bananas, applesauce
- Milk, yogurt, cheese

Clear Liquid Diet:

- If you can see through it, you can drink it. **NO RED OR PURPLE DYES**
- Sports drinks, clear sodas, juices without pulp, water, teas, black coffee
- Clear broths, gelatin, popsicles
- Clear hard candies (not red or purple)
- **NO ALCOHOL, NO DAIRY PRODUCTS**

PLEASE NOTE:

- If you are unable to make it to your procedure, please call and cancel your procedure 48-72 hours prior to.
- You may receive multiple bills, hospital, anesthesiologist and the physician, this is not within our control, please contact your insurance carrier regarding your coverage.
- We have no control over the hospital & anesthesiologist bills, please contact them directly to discuss your bill.
- We do not give results over the phone, please follow-up to discuss the endoscopy findings within 2 weeks after your procedure.

YOUR PROCEDURE DETAILS:

PROCEDURE: _____

LOCATION: Mountain Vista Medical Center – 1301 S. Crismon Road, Mesa, AZ 85209

Mercy Gilbert Medical Center – 3555 S. Val Vista Drive, Gilbert, AZ 85297

Paramount Surgery Center - 1114 S. Higley Road, Mesa, AZ 85206

Banner Goldfield Medical Center - 2050 W Southern Ave, Apache Junction, AZ 85120

DATE: _____ TIME: _____

Please arrive at the facility at _____ am/pm. Bring your ID, insurance card, co-pay and facility paperwork.

INSTRUCTIONS GIVEN BY: _____