

Dr. Anubha Sinha, M.D., P.A.
Hunterdon Digestive Health Specialists

267 US-202, Flemington, NJ 08822, PHONE # 908.788.8200

Hunterdon Medical Center (HMC) EGD Instructions

LOCATION: 2100 Wescott Drive, Flemington, NJ 08822, 2nd Floor Endoscopy Suite

PHONE NUMBER: 908.788.6439

IMPORTANT CONSIDERATIONS:

1. **You will need to Pre-register with the hospital at least one week prior to your procedure. CALL 908.788.6167.**
Do this at your earliest convenience!
2. **REVIEW THESE INSTRUCTIONS IN DETAIL. Write down your questions. MAKE A LIST. We will call you one week prior to your appointment to discuss any questions or concerns you might have.**
3. **If you've been told that you require an anesthesia consult prior to your procedure (due to sleep apnea, neck circumference, BMI, or another reason) CALL ASC at 908.393.8360 to have this scheduled before your EGD.**
4. **Please notify our office prior to your procedure of ALL your medications including prescription, herbal, and OTC medications.** We need to know if you are taking blood pressure medications, anti-coagulants (blood thinners), or if you require prophylactic antibiotics prior to your procedure (ex. due to an artificial heart valve).
5. **DO NOT USE TOBACCO OR MARIJUANA ON THE DAY OF YOUR PROCEDURE! DO NOT SMOKE WITHIN 6 hours of your procedure.**
6. If you are taking any **NSAIDs**, Aleve, Ibuprofen, Motrin, Naproxen, Celebrex, fish oil, or Vitamin E, stop taking them 7 days prior to your procedure. You may take Tylenol.
7. If you are taking **blood thinning medications** like Aspirin, Warfarin, Coumadin, Lovenox, Plavix, Xarelto, or Eliquis, we need instructions from your prescribing physician for how to manage your medications before, during, and after your procedure. **DO NOT STOP ANY MEDICATIONS ON YOUR OWN!**
8. **DO NOT STOP any BLOOD PRESSURE OR HEART MEDICATIONS on your own.** Doing so could result in serious complications. If you are unsure about taking any medications, please call our office.
9. If you have **ASTHMA** and use inhalers, please inform your prescriber of your upcoming procedure. You may need to maximize inhaler use prior to your procedure to minimize potential complications with anesthesia.
10. **We need to know:**
 - If you are **Diabetic & use Insulin** OR, if you are **Diabetic & take Oral Medications**, To avoid dangerously low blood sugars, please inform your prescribing physician about your upcoming procedure, and discuss any necessary insulin or other medication dosage adjustments with them. You will need instructions from them for how to manage your medications, and dietary needs, before, during, and after your procedure.
 - If you have an **Implanted Device, like a Pacemaker or Defibrillator**.
 - If you are undergoing a **Cardiac or Pulmonary workup, receiving treatment for another condition, or are in the care of another provider**. You may need **MEDICAL** or **CARDIAC** clearance prior to your procedure.
 - If you have **Sleep Apnea & use a CPAP Machine**. Please bring your machine, tubing & mask with you to your EGD.
 - If you have **ASTHMA**: You may need to maximize inhaler usage prior to anesthesia.

SEVEN DAYS PRIOR TO YOUR PROCEDURE

Do **NOT** take any Aspirin, NSAIDs, or other anti-inflammatory medications (like Aleve, Naproxen, Ibuprofen, Motrin, Nuprin, Plavix, Ticlid, Mobic, or Meloxicam), Fish Oil, Flaxseed Oil, or Vitamin E unless instructed otherwise by your prescribing physician. *Tylenol (Acetaminophen) is okay.*

3 DAYS PRIOR TO YOUR PROCEDURE

If you take Celebrex, this should be stopped.

THE NIGHT BEFORE YOUR PROCEDURE

1. **Nothing to eat or drink after midnight the night before your procedure, until after your procedure.** *No food, drink, or medications (unless advised by the doctor otherwise).*
2. **Any medications that you've been instructed to continue (like blood pressure or cardiac medications) can be taken with a small sip of water.**

THE MORNING OF YOUR PROCEDURE

Arrive one (1) hour prior to your scheduled appointment time. You will need someone to drive you home from the surgical center. Legally, you cannot drive for 24 hours after having anesthesia.