



Stephen P. Laird, M.D.
Gastroenterology & Hepatology
50 Buck Creek Road, Ste. 200
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Vail Valley Surgery Center
320 Beard Creek Road
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970-569-7400

EGD Prep Packet

An upper endoscopy, often referred to as endoscopy or EGD, is a procedure that allows a direct examination of the upper part of the gastrointestinal (GI) tract. These instructions will help maximize the ease, safety and success of your procedure.

EGD Instructions:

- **DO NOT eat solid food after midnight.** You may have small amounts of clear liquids (nothing red or purple) up until 4 hours prior to your procedure.
- **NOTHING by mouth four hours before your procedure.**

Important information regarding medication you may be taking:

*****You must have a friend or relative to drive you home or your procedure will be cancelled. You may not go home alone, by taxi, or bus.*****

DO inform your Doctor if you have a pacemaker, internal defibrillator, latex allergy, or an artificial heart valve.

DO contact your prescribing physician or the Coumadin Clinic about stopping all *Anti-Coagulants* at least 5 days before your procedure. This includes, *Coumadin, Pradaxa, Eliquis, Xarelto, etc.*, and any generic brands.

DO NOT take *Lovenox* the day of your procedure. (Last one no later than 9pm the day before)

DO take your *heart medicines* in the morning with a small sip of water only (take 3 hours before leaving for the procedure).

DO inform your surgeon if you are diabetic.

Insulin dose: ½ your regular dose the day before and the morning of the procedure.

Oral Glucose pill: Do not take this the morning of the procedure.

****Please see Page 6 for important details on required COVID-19 Testing and receiving procedure results****

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Medication Guidelines

APAs (antiplatelets agents)	
Medication	
Aspirin	Do not need to stop
Clopidogrel (Plavix)	Stop 3 days prior to procedure.

*****Discuss management of ALL APAs 2 weeks prior to procedure with prescribing physician.*****

ANTICOAGULANTS	
Medication	
Warfarin (Coumadin)	Stop 5 days prior to procedure.
Rivaroxaban (Xarelto)	Stop 3 days prior to procedure.
Apixaban (Eliquis)	Stop 3 days prior to procedure.
Dabigatran (Pradaxa)	Stop 3 days prior to procedure.
Enoxaparin (Lovenox) Dalteparin	Stop 24 hours prior to procedure.
Prasugrel (Effient)	Stop 7 days prior to procedure.

*****Discuss management of ALL anticoagulants 2 weeks prior to procedure, and if an anticoagulant bridge with Lovenox is needed with prescribing physician.*****

Medications Not Allowed/Hold	
ACE INHIBITORS (if taking BID, may take AM dose day before)	DIURETICS
Altace (ramipril)	Avalide (irbesartan/hctz)
Avapro (irbesartan)	Bumex (bumetanide)
Benazepril (Lotensin)	Chlorthalidone (Thalitone)
Enalapril (vastitec)	Dyazide (Triamterene/hctz)
Hyzaar (hctz/losartan)	HCTZ (hydrochlorothiazide)
Lisinopril (prinivil, Zestril)	Hyzaar (Hctz/Losartan)
	Lasix (furosemide)

For questions regarding medications you are taking, please call 970-363-5376 to speak with a clinical assistant.

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Medication Allowed	
BETA BLOCKERS	CALCIUM CHANNEL BLOCKERS
Atenolol (Tenormin)	Amlodipine (Norvasc)
Bystolic (nebivolol)	Bystolic (nebivolol)
Coreg (carvedilol)	Felodipine
Labetalol	Lotrel (amlodipine, Benazeprilat)
Metoprolol (Lopressor, Toprol-XL)	Nifedipine (Adalat, Procardia)
Propranolol (Inderal, Inderal LA)	Verapamil (Calan, isoptin, verelan, covera)
Ziac (Bisoprolol/HCTZ)	
ANTIARRHYTHMICS	Angiotensin II Receptor Antagonist
Amiodarone (Cordarone)	Atacand (candesartan)
Flecainide (Tambocor)	Cozaar (losartan)
Multaq (dronedarone)	Diovan (Valsartan)
Sotalol	Micardis HCT (telmisartan.hctz)

Medication Allowed
Meds for GERD
Prilosec
Nexium
Zantac
Ascor
Aciphex

MISC
Medication
Metformin (May take day before.)
Supplements (Hold until after procedure.)

*** If taking of the "allowed" medications day of procedure, it can be taken two hours prior to procedure with sips of water. ***

For questions please call (970)363-5376 and ask to speak with Dr. Laird's nurse.

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Clear Liquid Diet

You May Have The Following:

- Water
- Clear chicken or vegetable broth; or bouillon
- Tea or Coffee, **without** milk or creamer (sugar allowed)
- Gatorade (**no red/purple**)
- Soft Drinks
- Kool-Aid (**no red/purple**)
- Jell-O, without fruit (**no red/purple**)
- Popsicles (**no red/purple**)
- Apple Juice
- White Grape Juice
- White Cranberry Juice
- Lemonade, **without** pulp
- Other Clear Juices, **without** pulp

You May NOT Have the Following:

- Red/Purple Jell-O
- Red/Purple Popsicles
- Milk or Milkshakes
- Any Solid Foods

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Cancellation Policy

If for any reason you need to cancel or reschedule your appointment, please contact our office at (970)363-5431

5 Days prior to your scheduled procedure to avoid a

No-Show Cancellation Fee of \$100.

Thank you for your understanding.

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COVID-19 Requirements

Vail Valley Surgery Center requires patients to be symptom free for 10 days prior to your scheduled procedure date. If you are experiencing any cold or flu like symptoms within 10 days of your procedure you will need to reschedule.

Procedure Results

Results from your procedure(s) will be communicated via Colorado Mountain Medical's Patient Portal (*Please note: This is **NOT** the same application as the One Medical Passport through the Vail Valley Surgery Center*). If you do not have an account, please set this up by visiting the following link: <https://www.cmmhealth.org/patient-resources/patient-portal>

1. First, you will need to click the button that says, "GO TO PORTAL" and you will be redirected to the portal website.
2. Next you will need to click "I need to sign up" this will take you through the account set up. **An access code will be required, this will be the year of your birth. Ex: 1970**

If you have questions or need additional support with CMMs Patient Portal, please contact:

TECHNICAL SUPPORT

Support Hotline: (888) 670-9775

Email: support@followmyhealth.com

Knowledge Base: <http://support.followmyhealth.com>

Hours of Service: Monday – Friday, 8 AM – 8 PM EST.

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Important Information Regarding Insurance Benefits

As a courtesy we will call your insurance to verify your potential benefits and to obtain authorization for your upcoming procedure if needed. Please keep in mind that benefits are not a guarantee of coverage and colonoscopy type can change during the procedure. We cannot change or remove diagnosis codes to get procedures covered under your preventive benefits. We code and bill services based on documentation from your medical record.

EGDs are a diagnostic procedure and will potentially be applicable to your deductible/copay.

Cost Estimate:

If you would like to get an estimate of possible costs, you may call the numbers below:

- Professional Charges:
 - Colorado Mountain Medical: 970-363-5431
- Facility Charges:
 - Edwards Surgery Center: 970-569-7400
- Anesthesia:
 - Anesthesia Partners of Colorado: 970-315-3858
- Pathology Charges:
 - Paramount pathology Services 970-945-7564
 - Valley View Hospital Patient insurance verification: 970-384-6888