

EGD (Upper Endoscopy) PREP INSTRUCTIONS

DATE:

ARRIVAL TIME:

You will report for your procedure to the Central Massachusetts Ambulatory Endoscopy Center (located in the middle office of the Center for Digestive Wellness building).

Preparation:

For the best (and safest) examination, the stomach must be completely empty.

You should have no solid foods for 8 hours, and nothing to drink (including water) for 6 hours prior to your procedure.

(DO NOT chew gum or hard candy. DO NOT smoke or vape.)

- You may take your medications (or bring them with you) **EXCEPT** oral diabetic medications -and take only half (1/2) of your scheduled insulin dosage.
- **Oral medications may be taken with a sip of water, unless otherwise specified by the doctor.**
- If taking Trulicity, Bydureon, Byetta, Saxenda, Victoza, Adlyxin, Ozempic, Rybelsus, Mounjaro, or Wegovy, **stop 1 day before the surgery if taking daily** or, **if taking weekly, hold the week prior to surgery.**

Arrival Instructions

Report to: Central Mass. Ambulatory Endoscopy Center in the middle of the Center for Digestive Center building (middle door with a black floormat and a sign stating "PROCEDURES ONLY").
Phone #: 978-840-6767

THINGS TO BRING WITH YOU ON THE DAY OF YOUR PROCEDURE

PHOTO ID (EXAMPLE: DRIVER'S LICENSE, PASSPORT)

INSURANCE CARD(S)

MEDICATION LIST

NAME & PHONE NUMBER OF YOUR DRIVER

EMERGENCY CONTACT NAME & PHONE NUMBER

ANY INHALERS YOU USE (IF APPLICABLE)

MASKS ARE OPTIONAL. VACCINATION CARDS ARE NOT REQUIRED.

Driver Instructions

⇒ Drivers cannot wait inside the building.

- You will be contacted at the phone # provided by the patient approximately 2-3 hours after the patient's arrival.
- A recovery nurse will call you about 20 minutes before the patient is ready to be discharged.
- Drive your vehicle up to the overhang on the left side of the building (the BJ's side).
- **Call 978-840-6363 to let the nurse know you arrived.** Remain in your vehicle. The patient will be walked out to the car.

⇒ **You will not be permitted to drive yourself home.** You may use these transport companies if traveling alone: The Butler Did It/Destination Express (978-407-5913) or Flow Transportation Services (978-602-5606). You can only take a cab/Uber/Lyft, MART, or medical transport (paid for by your insurance) if you are accompanied by a family member.

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