



\* Peter Kvapil, MD \* Shail Maheshwari, MD \* Apurv Varia, MD \* Matthew Clark, MD \* Rambabu Chalasani MD \* Avais Chatha, MD

## **EGD/ EUS/ ERCP INSTRUCTIONS**

FACILITY	<input type="text"/>
DATE	<input type="text"/>
ARRIVAL TIME	<input type="text"/>
PROCEDURE TIME	<input type="text"/>

### **FIVE DAYS PRIOR TO PROCEDURE:**

**STOP taking PLAVIX, COUMADIN, IRON, VITAMIN E, FISH OIL and OTHER OIL-BASED SUPPLEMENTS UNLESS YOU ARE TOLD OTHERWISE BY YOUR DOCTOR.**

### **DAY BEFORE PROCEDURE:**

**You may have a REGULAR DIET today until 7:00 pm. Please consume ONLY CLEAR LIQUIDS after 7pm**

### **DAY OF PROCEDURE:**

**You will be completely FASTING until after your procedure. It is OK to drink clear liquids 4 hours prior to procedure.**

**YOU MUST HAVE SOMEONE RESPONSIBLE AND OVER THE AGE OF 18 DRIVE YOU HOME, AS YOU WILL BE SEDATED FOR YOUR PROCEDURE.**

**YOU WILL NOT BE PERMITTED YO HAVE YOUR PROCEDURE PERFORMED WITH ANY TYPE OF ANESTHESIA WITHOUT A RESPONSIBLE RIDE.**



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## CLEAR LIQUID DIET

This diet provides fluids that leave little residue and are easily absorbed with minimal digestive activity. NO RED or PURPLE LIQUIDS should be consumed.

### CLEAR LIQUIDS:

- Water (Plain or flavored), tea and coffee (*no milk, no creamer or other dairy*)
- Clear chicken broth and consommé
- Pedialyte
- Apple juice and white grape juice
- Lemonade and limeade (*no pulp*)
- Sprite, 7-up and ginger ale
- Gatorade, Powerade and Kool-Aid (*no red or purple coloring*)
- Jell-O and ice popsicles (*no red or purple coloring, no fruit or pulp, no dairy*)
- Coconut water (*no coconut milk*)

NO SOLID FOODS: NO meats, NO vegetables, NO dairy, NO grains and starches. NO JUICES WITH PULP: NO orange juice, NO vegetable juices, NO nectars, NO smoothies. If pathology or biopsies are taken please allow 14 business days to obtain results.

PLEASE GIVE THE OFFICE 3 DAYS NOTICE TO CANCEL OR RESCHEDULE ANY PROCEDURES.  
FOR QUESTIONS YOU MAY CALL 936-321-5440