



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

**DR. SHAIL MAHESHWARI**

**EGD/UPPER EUS INSTRUCTIONS**

**Facility:**

**Date:**

**Arrival Time:**

**(Please note you will receive a call to confirm your appointment, the arrival time may be adjusted)**

- **SEVEN DAYS PRIOR:**  **TO YOUR SCHEDULED PROCEDURE STOP TAKING**  **OR YOUR PROCEDURE WILL BE CANCELLED.**
- **STOP TAKING 5 DAYS PRIOR TO YOUR PROCEDURE:**   
NSAIDS (Motrin, Advil, Ibuprofen), vitamins, multivitamins, iron, fish oil, other oil-based supplements and blood thinners (unless instructed otherwise by your doctor)  
**\*\* TYLENOL IS OKAY \*\***
- Wake up to a **CLEAR LIQUID** diet **THE DAY BEFORE YOUR PROCEDURE:**

**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*)
- Pedialyte (no red or purple coloring)
- Ensure Clear (no red or purple coloring)
- Boost Breeze (*no red or purple coloring*)
- Clear chicken broth and consommé
- 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*)



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**NO SOLID FOODS:** NO meats, NO vegetables, NO dairy, NO grains, and NO starches.  
**NO JUICES WITH PULP:** NO orange juice, NO vegetable juice, NO nectars, NO smoothies.

- You cannot have anything to **DRINK 4 HOURS PRIOR TO YOUR PROCEDURE.**
- If on blood pressure medication take early in the morning the day of your procedure with a small sip of water only.
- If on insulin and take in the morning, then take ½ the normal dose. Hold oral diabetic medications till after the procedure.
- Okay to continue taking baby Aspirin 81mg.
- **FOLLOW CARDIOLOGIST INSTRUCTIONS (if needed):**

**YOU MUST HAVE SOMEONE 18 YEARS OR OLDER TO DRIVE YOU AFTER THE PROCEDURE AS YOU WILL BE SEDATED**

**\*\* You must cancel the procedure with at least two business days' notice \*\***  
**\*\* A no show/cancellation fee can be charged if not \*\***

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## **PATIENT FINANCIAL RESPONSIBILITY: WHO YOU MAY OWE:**

Expect to receive 3 or 4 bills for your procedure:

Physician Services - Performance of the procedure by the physician.

For Physician Fees - If you have any out-of-pocket expenses for your scheduled procedure, you will receive a call from our office to pay the fees about 3 days prior to your procedure.

Facility Fee - Location of service.

Anesthesia - Sedation for procedure.

Pathology - Biopsy/Remove of Tissue/Polypectomy.

**PLEASE CALL OUR OFFICE WITH ANY QUESTIONS OR CONCERNS THAT YOU MIGHT HAVE 936-321-5440.**