

Calvert Internal Medicine Group

Gastroenterology Department;

Dr. Y. Renee Bright

Dr. Dolores Rhodes-Height

Dear \_\_\_\_\_,

You are scheduled to have an EGD with Dr. Bright/Rhodes-Height on \_\_\_\_\_ at \_\_\_\_\_ . The procedure is at Calvert Digestive Disease Associates at 985 Prince Frederick Blvd. Suite 104, Prince Frederick, MD 20678. **Please arrive 60 minutes prior to your appointed time.**

If you are female and have NOT had a total hysterectomy or have not been completely menopausal for at least 12 months, **please get a blood pregnancy test drawn between \_\_\_\_\_ to minimize delays in your procedure.** Please have the blood drawn at any Calvert Internal Medicine Group location (Dunkirk, Prince Frederick, and/or Solomons) on a walk-in basis.

Because of the sedation, you will NOT be able to drive yourself home or drive the remainder of the day. **Please plan in advance for your driver to stay from check-in until discharge. If no transportation is available at the time of your procedure, it will be canceled.** Taxi cabs, Smart Ride, Uber and public transportation are not acceptable options.

Please read your prep instructions carefully (on the next page). If applicable, please stop taking gel-capsule vitamins (like fish oil), NSAIDs (ibuprofen, Advil, Aleve, Naproxen), arthritis medications or iron supplements, **please stop taking them 5 days prior to procedure.**

Blood thinners: Brilinta/Ticagrelor, Coumadin/Warfarin and Plavix/Clopidogrel; stop taking 5 days prior to procedure. Eliquis/Apixaban, Pradaxa, and Xarelto; stop taking 2 days prior to procedure. Aspirin and Tylenol are acceptable. **Any regularly prescribed medications may be taken until 3 hours before procedure time.**

**Please bring:** any inhalers, a list of your medications with dosages, insurance cards, and a referral if your insurance requires one. Please leave all jewelry at home (including body piercings). If there are any changes in your medical history between the time of scheduling and procedure, please inform your physician. **If you are a smoker, please refrain from smoking the day of your procedure until your procedure is finished.**

**If you have any questions or need to cancel/ re-schedule your procedure for any reason, please call 410-414-5309 option 2, between 9am-4pm on Monday- Friday. If you need assistance with your prep AFTER HOURS, call the hospital at 410-535-4000 to have your Gastroenterologist paged.**

Instructions for your upper endoscopy:

Please read all instructions.

\*If you require antibiotics before routine dental work, or a diabetic taking insulin or pills, taking blood thinners or have cardiac stents, consult your physician for additional instructions before beginning this procedure.

**\*Nothing to eat after midnight. You may have clear liquids up to (3) hours before this test. DO NOT DRINK AFTER \_\_\_\_\_**

**Clear Liquids:**

Strained fruit juices without pulp (apple, white grape, lemonade)

Water

Clear broth or  
bouillon

Coffee or tea (without milk or creamer), sugar is okay

Gatorade (avoid red and purple)

Soda (Pepsi, Sprite, Diet, etc.)

Kool-aid or other fruit drinks (avoid red/purple)

Plain Jell-o (without fruit or toppings, avoid red/purple)

Ice popsicles (avoid red/purple)

**NO SOLID FOOD, MILK, MILK CONTAINING PRODUCTS, RED OR PURPLE, PULP OR ALCOHOLIC BEVERAGES.**

\*Bring a list of all medications you are taking along with dosages.

\*Please bring your insurance card(s) so that the hospital may make a copy.

Also, bring your referral from your primary care provider if your insurance requires one for payment.

\*Take your regularly prescribed medication up to three (3) hours before your procedure is scheduled with a small sip of water or you may bring your medications with you to take following the procedure. (Please bring all inhalers with you.)

**Calvert Internal Medicine Group;**

**Gastroenterology Department**

Dr. Bright and Dr. Rhodes

985 Prince Frederick Blvd., Suite 105

Prince Frederick, MD 20678

Phone: 410-414-5309 \* Fax: 410-414-6179

**Effective February 18, 2013:**

Due to an increasing amount of cancellations the day before scheduled procedures, there will be a charge of **\$150**, if you do not cancel your procedure without a **48 business hour** notice. (For example, if you are scheduled on a Monday, you will need to cancel by the Thursday prior.) This is to allow our staff to fill the appointment with someone else in time to prep for the test.

If you are having difficulties with preparing for the test (after office hours), please contact the physician by calling 410-535-4000.

Thank you for your understanding,

Calvert Internal Medicine Group