



Solstice Medicine & Wellness, LLC

Gina Escobar, M.D.

475 Riverstone Way, Suite 2

Fairbanks, AK 99709

Phone: 456-6334

Fax: 456-6336

EGD Instructions

BEFORE SCHEDULING:

Please confirm an escort. You will need an escort to pick you up after the procedure. You will only be discharged with a ride. You may only take a taxi, bus, drive, or walk **with** an escort.

PRIOR TO PROCEDURE:

Please stop all anti-clotting agents or blood thinners 5 days before the procedure. This includes the following:

- Aspirin, Coumadin/warfarin, Plavix/clopidogrel, Ticlid, Lovenox

*If you are diabetic and taking insulin, please decrease your insulin dose by ½ while on a clear liquid diet and the morning of the procedure.

THE NIGHT BEFORE YOUR PROCEDURE:

Eat a normal dinner the evening before, but no later than 8 p.m. After 8 p.m., you may have clear liquids until midnight.

PROCEDURE DAY:

- Please **DO NOT** eat or drink the morning of the procedure
- Please **DO NOT** take your medications the morning of the procedure. Bring your medications with you to take after completing the procedure.
- Have your escort with you. The sedation used for the procedure may take 24 hours to wear off.
- Wear comfortable clothing; bring your glasses and hearing aids

If you need to reschedule or cancel, please call our office a **minimum of 24 hours prior** at (907) 456-6334.

LOCATION: Surgery Center 2310 Peger Rd