



**Monterey Bay Gastroenterology Consultants Medical Group, Inc.  
Monterey Bay Endoscopy Center, LLC**

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**Patient Name:** \_\_\_\_\_ **Doctor:** \_\_\_\_\_

**Procedure Date:** \_\_\_\_\_

**Procedure Time:** The Endoscopy Center will contact you 2 BUSINESS DAYS PRIOR to give you a procedure time.

**Location:** Monterey Bay Endoscopy Center      **Phone:** (831) 375-3577

**MONTEREY**  
23 Upper Ragsdale Drive, Ste 100  
Monterey, CA 93940  
**(Entrance is to the right of the main doors.)**

**SALINAS**  
212 San Jose Street, Ste 100  
Salinas, CA 93901  
**(Located next door to Quest Lab)**

**BE PREPARED**

Please read these instructions **TODAY** and again 2 weeks prior to your procedure.

**RESTRICTIONS:** Familiarize yourself with all dietary restrictions and instructions.

Follow them carefully to allow safe and thorough inspection during your procedure.

**TRANSPORTATION:** You must be accompanied by an adult\* (18 years or older) to and from your procedure. You **CANNOT DRIVE** after your procedure. The Sedation used during your procedure will impair your judgement and equilibrium for approximately 12 hours. **Your ride's name and number will be required upon check-in.** If you do not have a driver, your procedure will be CANCELLED.

**\*A Taxi, Uber, Lyft, Shuttle, or Bus is not a valid form of transportation following a procedure.**

**FEES:** Please show up for the scheduled appointment that we have reserved for you or contact us at least one week prior to reschedule. **Late Cancellations and no-shows will be charged a fee of \$500.**

**NOTIFY US IMMEDIATELY**

- **IF** you are taking **BLOOD THINNERS / ANTICOAGULANT MEDICATION**
  - Examples: Coumadin, Warfarin, Xarelto, Eliquis, Clopidogrel, Plavix, etc.
- **IF** you have an implanted cardiac device or medical device.
- **IF** you are diabetic and taking insulin or other medications for diabetes as dosages may be altered the day before and day of procedure.

**IMPORTANT BEFORE YOUR PROCEDURE**

- You **SHOULD** take your usual medications including blood pressure medication, the morning of your procedure **UNLESS** your doctor has stated otherwise.
- Leave all valuables at home. It is ok to bring your cell phone. Monterey Bay Endoscopy Center LLC is not responsible for lost or damage to any personal property brought to the premises. Any unclaimed property will be discarded without notice after 30 days.
- Bring your insurance card, ID, and any forms mailed to you by our office, on the day of your procedure.
- Wear comfortable clothing (i.e. socks, short sleeve shirts) and remove all body piercings.
- Keep your morning flexible and plan to be with us approximately 2-4 hours from your arrival time.
- It is safe to continue your ASPIRIN.

## **EGD PREPARATION INSTRUCTIONS**

1. **DO NOT** take iron or vitamin tablets for 24 hours prior to the procedure.
2. **NO SOLID FOOD** after **MIDNIGHT** the night before your procedure.
3. **You may drink CLEAR LIQUIDS up to two (2) hours prior** to your procedure time.
4. **MORNING MEDICATIONS:** Make sure to take all your usual morning medication(s) two (2) hours prior to your procedure time with a small sip of water, unless otherwise advised by your doctor.