

HOMAN A. ZADEH, M.D., M.P.H., INC.  
1330 N. Indian Canyon Drive Suite F  
Palm Springs, CA 92262  
Telephone (760)864-4163/Fax (760)864-4166

Homan Abdollahzadeh M.D.

Martin Collen M.D.

## PREPARING FOR YOUR UPPER GASTROINTESTINAL ENDOSCOPY

DATE OF PROCEDURE: \_\_\_\_\_

ARRIVAL TIME: \_\_\_\_\_ PROCEDURE TIME: \_\_\_\_\_

PLACE: \_\_\_\_\_ Desert GI Lab Suite E135, 1180 N. Indian Canyon Drive, Palm Springs, CA  
(760)323-6212  
\_\_\_\_\_ El Mirador Surgery Center 1180 N. Indian Canyon Dr, W110, Palm Springs, CA  
92262 (760)416-4600

The study which you are to have is an evaluation of your esophagus, stomach, and duodenum. Through a fiberoptic instrument and complex imaging system, I will be able to evaluate the anatomy and any disease process which may be present in these organs. ( PLEASE AVOID TAKING ASPIRIN FIVE DAYS PRIOR TO YOUR PROCEDURE AND WARFARIN, PLAVIX, COUMADIN.)

Your throat will be anesthetized, and you will be given some form of sedation.

The following instructions are to guide you so that the procedure will go smoothly and the post-procedure period will be as little problem as possible for you:

1. You are to have nothing to eat or drink 6 hours prior to the procedure.
2. You must have arrangements made for someone to drive you home.
3. You may take Cepacol Lozenges after the procedure is completed to dissolve in your mouth until whatever pain you might have in your throat clears up. This seldom lasts for more than one or two days after the procedure.
4. After the procedure is completed, you are not to eat anything hot until later in the evening. I would suggest you eat things like cottage cheese, cold chicken, turkey, juices, puddings, etc. until that time.
5. The results of any biopsies will be available within one week of the procedure and will be discussed with you at your follow-up appointment. You should have received a follow-up appointment when your procedure was scheduled. If you do not have a follow-up appointment scheduled, please contact our office for scheduling.

**WE REQUIRE 48 HOURS NOTICE OF CANCELLATIONS OR RESCHEDULES. THERE WILL BE A \$35.00 FEE ACCESSED IF 48 HOURS NOTICE IS NOT PROVIDED TO OUR OFFICE.**

**THANK YOU.**

SHOULD YOU HAVE ANY QUESTIONS, PLEASE FEEL FREE TO CONTACT OUR OFFICE.

## PLEASE AVOID THE FOLLOWING COMPOUNDS

Advil A.F.C.	Darvon Comp	Panalgesic
Alka Seltzer	Dristan	Percodan
Anacin	Duragesic	Persantine
Anaprox	Ecotrin	(dipiridamole)
Ascodeen-30	Emprazol	Persistin
Aspirin	Empirin	Ribaxisal
Aspirin Supp.	Equagesic	Sine-Aid
Aspirin Bayer BC	Excedrin	Sine-Off
Powders	Fiorinal	SK-65 Comp. Caps
Buff-A-Comp	Ibuprofen	Stendin
Buffadyne	Indocin	Stero-Darvon w/ASA
Bufferin	Measurin	Supac
Butalbital	Midol	Synalogs Caps
Cama-Inlay Tabs	Monacet w/Codeine	Synalogs DC
Cheracol Caps	Motrin	Tolectin
Congespirin	Naprosyn	Triaminicin
Cope	Norgesic	Vanquish
Coricidin	Nuprin	Zomax
	Pabirin Buffered Tabs	

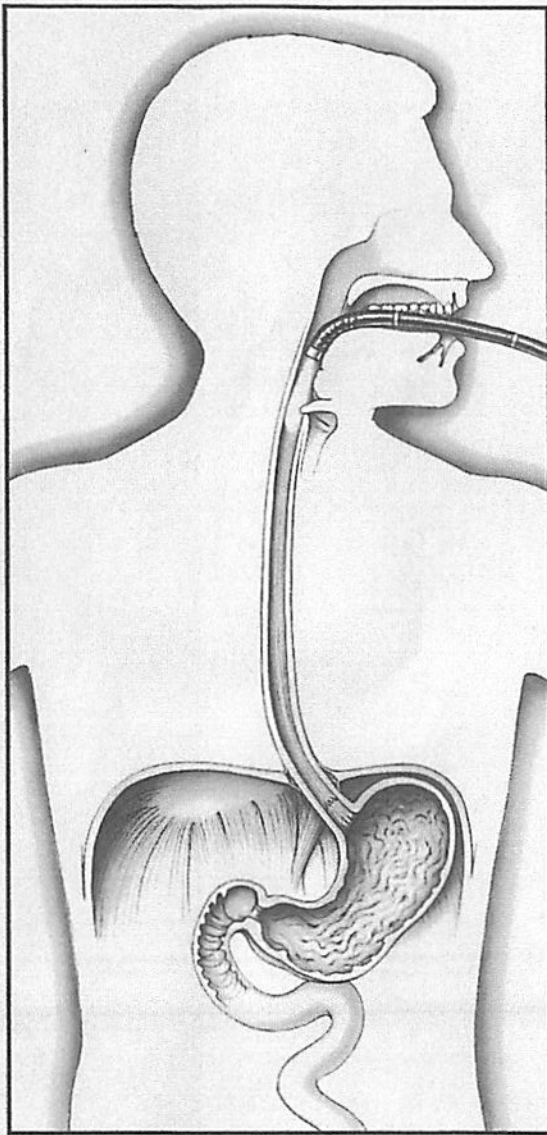
All patients anticipating surgery must stop the use of all sources of **ASPIRIN**. Aspirin is a very strong anticoagulant, which causes profound bleeding problems in normal individuals. Therefore, you must stop taking aspirin and all aspirin containing products for **5 DAYS** before surgery and two weeks after surgery.

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You have been scheduled for gastrointestinal endoscopy (also called EGD, esophagogastroduodenoscopy). You will be provided more information about this procedure, have your questions answered, and then be asked to provide your written consent to undergo the endoscopy.

### WHY AM I HAVING THIS TEST?

Your doctor has arranged this test for a look at your esophagus, stomach and duodenum to see if there are any abnormalities of the upper digestive tract.

### WHAT OCCURS DURING THE EXAMINATION?

The doctor will use a small, lighted flexible tube thinner than most of the food you swallow to examine the lining of the upper digestive tract. We may numb your mouth and throat and use medications to relax you. We don't obstruct breathing passages. We make a special effort to keep you comfortable. In fact, most patients don't even remember the procedure.

### ARE THERE ANY POSSIBLE COMPLICATIONS?

EGD is safe and is associated with a very low risk. Complications can occur but are rare.

### Possible complications include:

- hemorrhage (bleeding)
- perforation (tearing) of the esophagus or stomach
- pneumonia, or an adverse reaction to one of the medications.

You must tell us of allergies or peculiar reactions you have had to medicines, particularly novocains and medicines that dentists use for numbing teeth, also sedatives and pain killers. In very rare circumstances death could result from a complication. It should be emphasized that complications are extremely rare. This is a routine procedure in our hands and we are extremely careful.

### AFTER THE PROCEDURE:

- Expect a mild sore throat lasting one or two days. You can use lozenges for relief.
- Do not eat or drink for one hour (your throat will be numb and we don't want anything to go down the wrong "pipe").
- Do not drive for 24 hours after the procedure.

G A S T R O I N T E S T I N A L  
E N D O S C O P Y