

EGD (Endoscopy) Preparation Instruction

内窥镜 胃镜 检查注意事项

Date of Procedure (检查日期) _____

Location (地点): _____

Arrival Time (签到时间): _____

Procedure Time (检查时间): _____

- Arrange Ride Home
 - You will not be able to drive yourself because of sedation. BART, Taxi, Limousines, and public transportation are not allowed.
- 您需要请人代驾
 - 由于检查中需要使用麻醉药物 请您在检查当日不要亲自驾车 也请不要使用地铁 出租车 等其它公共交通工具。

| When (日期) | Action (注意事项) | Examples (举例) |
|--|---|--|
| <p>5 Days Before 检查前5日</p> <p>NO BLOOD THINNERS; 停用血液稀释剂</p> <p>NO ASPIRIN 停用阿司匹林</p> | <ul style="list-style-type: none"> • Stop taking anti-inflammatory medications • 停止使用抗炎药物 • Confirm with your doctor if you need to stop any of your blood thinners • 在停止使用血液稀释剂之前请与您的医生确认 • No seeds such as tomato products or sesame seed • 请勿使用种子类食物 例如西红柿类或是芝麻 | <ul style="list-style-type: none"> • Ibuprofen, Naproxen, Advil, Motrin, Nuprin, Indomethacin, Celebrex, Heparin, Aggrenox, etc-stop 5 days prior • 检查前5日停用 布洛芬 萘普生 Advil 美林 努普林 肝素 脑康平等 • Coumadin – stop 5 days prior • 检查前5日停用华法林 • Plavix – stop 7 days prior • 检查前7天停用波立维 • Lovenox – do not take within 24 hours • 检查前24小时停用依诺肝素 • Pradaxa – stop 2 days prior (4 days if CKD) • 检查前2天停用泰必全 如有慢性肾病请提前4天停药 • Xarelto/Eliquis/Savaysa – do not take within 24 hours (48 hours if CKD) |

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|--|---|--|
| | | <ul style="list-style-type: none"> • 检查前24小时停用拜瑞妥/艾乐妥/依度沙班 慢性肾病患者请提前48小时停药 |
| <p>Day Before 检查前1日</p> | <ul style="list-style-type: none"> • Breakfast and lunch normally • 早餐和午餐正常饮食 • Light dinner • 晚餐清淡饮食 • Do not eat or drink anything within 8 hours of your procedure • 检查前8小时内禁止饮食 | <ul style="list-style-type: none"> • You can take your usual medications unless instructed otherwise by your physician with sips of water • 用少量水服用日常药物(除注意事项中提到的药物) • Modify diabetes medications if instructed by your doctor • 按医嘱服用糖尿病药物 |
| <p>Day of the Exam 检查当日</p> | <ul style="list-style-type: none"> • 2 hours before procedure nothing by mouth. • 术前2小时 禁止一切饮食 | <ul style="list-style-type: none"> • Wear loose comfortable clothing • 请穿着宽松舒适的衣物 • Leave valuables and jewelry at home • 请勿携带珠宝及贵重物品 • Bring photo ID and insurance card • 请携带ID和医保卡 • Bring a complete list of medications and allergies • 请提供完整的使用药物及过敏列表 |
| <p>After Endoscopy 检查之后</p> | <ul style="list-style-type: none"> • Rest • 请注意休息 | <ul style="list-style-type: none"> • No driving for the rest of the day or making major decisions. • 检查后请勿驾驶汽车 同时 检查当日请勿做重大决定 |

If you need to cancel or reschedule, kindly give 5 business days to do so or there will be a \$100 fee; this will not be covered by your insurance company.

如果您需要取消或是更改检查日期，请提前**5**天联系我们。否则您将支付**\$100**的违约金，保险公司不会报销您的违约金。

If you have any more questions, please call our office at (925)776-7600.

如果您还有其他疑问请致电**(925)776-7600**。