

You are scheduled for a procedure called an EGD on (date and time)  
at Togus VAMC

#### ONE WEEK (7 DAYS) PRIOR TO PROCEDURE DATE

1. Stop taking Aspirin

2. Call the nurses in the Endoscopy unit if you take Clopidogrel(Plavix)  
or Warfarin (Coumadin) OR Insulin or any oral diabetic medications  
(metformin, glipizide, glyburide)

3. ARRANGE FOR A DRIVER, YOU WILL NOT BE ABLE TO DRIVE HOME AFTER YOUR  
PROCEDURE DUE TO THE MEDICATIONS WE WILL GIVE YOU FOR THE PROCEDURE  
\*\*\*\*see additional information below.

4. Call (207)623-8411 extension 5014 to confirm that you are coming to  
your appointment, you may leave a message any time of day, please leave  
your last name, last 4 numbers of social security number, appointment  
date and time, unless you have a question that needs to be answered we  
will not call you back, consider your appointment confirmed.

#### DAY BEFORE YOUR PROCEDURE

Nothing to eat or drink after midnight on this day.

#### DAY OF PROCEDURE

- Nothing to eat or drink until after your procedure.

- Take your important medications with a sip of water. Do not take any  
diabetic meds.

- Report to Building 200, 5 South Endoscopy Unit  
at your appointment date and time.

\*\*\*\*\*You will NOT be able to drive the same day of your procedure.  
WE REQUIRE TO SEE YOUR DRIVER BEFORE AND AFTER THE PROCEDURE. Failure  
to provide proof of a driver will result in the cancellation of your  
procedure.

If transportation is a problem for you, please contact DAV (207) 623-8411  
extension 5790 to see if they will be able to help with transportation  
arrangements.

Please give us plenty of notice if you are unable to keep this appointment  
so another veteran can have your spot. For questions or concerns, please  
call (207)623-8411 or toll free (877)421-8263 extension 5014 to speak to  
one of the Endoscopy Nurses.

Please bring this letter with you to your procedure.

Thank You!