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**DIGESTIVE  
DISEASE  
CONSULTANTS, P.A.**

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GASTROENTEROLOGY  
AND HEPATOLOGY



14955 SHADY GROVE ROAD, SUITE 150  
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NAME: \_\_\_\_\_

We perform procedures at the following locations:

**GIEA**  
15005 Shady Grove Road  
Suite 200  
Rockville, MD 20850  
(301) 340-8099

**Shady Grove Adventist Hospital**  
Out-Patient Surgery Center  
9901 Medical Center Drive  
Rockville, MD 20850  
(301) 279-6000

Please **ARRIVE** at: \_\_\_\_\_ on \_\_\_\_\_  
Time Date

**PREPARATION INSTRUCTIONS FOR UPPER ENDOSCOPY**

1. **YOU MUST MAKE ARRANGEMENTS FOR SOMEONE YOU KNOW TO DRIVE YOU HOME.** You may not drive for the rest of the day once the procedure is completed. The sedation, which makes the procedure comfortable, will take time to wear off.
2. **DO NOT HAVE ANYTHING TO EAT OR DRINK AFTER MIDNIGHT THE NIGHT BEFORE YOUR EXAMINATION.** If you are scheduled for a late morning or afternoon appointment you may have clear liquids only up until 3 hours prior to your procedure.

**Clear liquids include:**

Coffee, tea, water-either carbonated or regular, Gatorade, all soft drinks, e.g. coke, Pepsi, ginger le, 7-Up; all of the clear juices –apple, cranberry, grape; Jell-O or other similar gelatin; clear soups, i.e. bouillon or broth. Sugar and/or artificial sweeteners are allowed.

**NOT ALLOWED ON A CLEAR LIQUID DIET:** Milk, cream, soy milk equivalent, artificial creamer, pulpy juices like orange, grapefruit, pineapple, tomato and V-8, all NOT allowed.

3. You should take all their usual morning medications with a glass of water immediately upon rising the morning of the examination, unless otherwise instructed by your physician
4. **ON THE DAY OF YOUR PROCEDURE, PLEASE DO NOT WEAR PERFUME, COLOGNE, OR SCENTED POWDERS.**

**IF YOU FIND IT NECESSARY TO CANCEL OR RESCHEDULE,  
PLEASE NOTIFY US WITHIN 72 HOURS OF YOUR PROCEDURE.**