



# Kumar Desai, MD

Gastroenterology & Hepatology  
& Advanced Therapeutic Endoscopy

## Upper Endoscopy (EGD)

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

**Procedure Date:** \_\_\_\_\_ **Arrival Time:** \_\_\_\_\_

[ ] **Los Robles Hospital:** 215 W. Janss Rd., Thousand Oaks, CA. Phone: (805) 497-2727  
<http://losrobleshospital.com>

[ ] **Los Robles SurgiCenter:** 2190 Lynn Road, Suite 100, TO, CA. Phone: (805) 497-3737  
<https://losroblessurgicenter.com>

### **Preparation Instructions**

#### **Five days before the procedure:**

Please avoid any blood thinners, NSAIDS (aspirin, motrin, ibuprofen), unless discussed with your doctor.

If you are on insulin for diabetes please contact the office for dosing.

#### **One Day before the procedure:**

You may eat and drink normally until midnight the day before your procedure. No food or drink from midnight until after the procedure.

#### **Day of the procedure:**

**DO NOT EAT OR DRINK ANYTHING THE DAY OF YOUR PROCEDURE.**

If you take medication, you may have it the morning of the procedure with a small amount of water. This means few **SMALL** sips of water. You may brush your teeth

Bring your **driver's license, insurance cards and medication list** to the Center

You **must** be accompanied by a friend or relative to drive you home. Your safety is our priority this procedure will be cancelled without your ride present prior to procedure.

Special Instructions:

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If you have any questions please call our offices at (805) 449-4278.

227 W. Janss Road, Suite 315 | Thousand Oaks, CA 91360

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