

Dr. Anubha Sinha, M.D., P.A.  
Hunterdon Digestive Health Specialists

Dr. Anubha Sinha, M.D., P.A.  
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***Somerset Ambulatory Surgical Center (ASC) EGD Pre-Procedure Instructions***

**IMPORTANT LOCATION INFORMATION:**

ASC is located at 1 Highway 206 North, Somerville, NJ 08876

PHONE NUMBER: Their phone number is 908.393.8360

For Pre-registration (ONLINE): [www.sasctr.com/Pre-Op](http://www.sasctr.com/Pre-Op)

For Pre-registration (by phone): 908.393.8360

***IMPORTANT CONSIDERATIONS:***

1. **Please notify our office prior to your procedure of ANY and ALL medications that you take including prescription, herbal, and OTC medications.**
1. Please advise the doctor if you are taking any blood pressure medications, anti-coagulants (blood thinners), or if you will need Prophylactic Antibiotics prior to your procedure.
2. Blood thinners: If you are taking any blood thinning medications such as Warfarin, Coumadin, Lovenox, Plavix, Xarelto, or Eliquis we may need instructions from your prescribing physician as to how to manage your medications before and after your procedure. Do not discontinue any medications without discussing this with your prescribing physician.
3. If you are a Diabetic and take insulin, please be sure to inform us. You may need specific instructions from your prescribing physician regarding proper insulin adjustments before, during, and after your procedure.
4. If you are Diabetic and take oral medications, please contact your primary care provider or managing physician for any special instructions regarding your diabetic medications and dietary needs before, during, and after your procedure.
5. Do NOT stop any Blood Pressure or Heart medications unless told otherwise by your prescribing physician. Doing so could result in serious complications.
6. If you are a smoker, it is advised NOT to smoke for at least 6 hours prior to your procedure to avoid breathing and other complications caused by, or associated with, smoking.
7. If you have any implanted devices like a pacemaker or defibrillator please notify us.
8. If you are undergoing a workup, treatment, or are in the care of another provider please notify our office prior to your procedure.
9. If you have sleep apnea and use a CPAP machine, please notify us. You may need to bring your machine, mask and tubing with you to your procedure.

***SEVEN DAYS PRIOR TO YOUR PROCEDURE***

If you are taking Aspirin, NSAIDs, anti-inflammatory medications (like Aleve, Naproxen, Ibuprofen, Motrin, Nuprin, Plavix, Ticlid, Mobic, or Meloxicam), Fish Oil, Flaxseed Oil, or Vitamin E you must STOP taking these **7 days prior** to your scheduled procedure.

*Taking these medications can increase your risk for bleeding during and after your procedure, especially if any biopsies are taken.*

You may use Tylenol (Acetaminophen) unless it is against medical advice.

**3 DAYS PRIOR TO YOUR PROCEDURE**

If you take Celebrex you must STOP taking this **3 days prior** to your procedure.

**THE NIGHT BEFORE YOUR PROCEDURE**

**Nothing to eat or drink after midnight the night before your procedure until after your procedure.** *No food, drink, or medications (unless advised by the doctor otherwise). Any medications that you've been instructed to continue can be taken with small sips of water.*

**THE MORNING OF YOUR PROCEDURE**

You must arrive one (1) hour prior to your scheduled appointment time. You will need someone to drive you home from the hospital as you may not drive after the procedure.

**ASC PATIENTS ONLY:**

Pre-registration may be done ONLINE at [www.sasctr.com/Pre-Op](http://www.sasctr.com/Pre-Op) or by phone at 908.393.8360.

*If you've been told you'll need an anesthesia consult prior to your procedure (due to sleep apnea, neck circumference, BMI, or another reason) please call ASC at 908.393.8360 to have this scheduled.*