

Patient Instructions for EGD (Upper Endoscopy)

Please be aware that, due to current patient volumes, it may take four to six months to reschedule a cancelled appointment.

One to two days before to your procedure date a nurse will call you to review your medications and confirm the arrival time for your procedure. Please be aware that we may need to change your time on the day of your procedure. **Your procedure will be cancelled and will need to be rescheduled if you are unable to accommodate your new procedure time.**

You will need to be available should we need to contact you to advise you of a change in arrival time. We make every effort to consider your preference, however, our patients are scheduled according to the complexity of their case, insulin dependence or other medical concerns that may take precedence. We appreciate your understanding.

***If you are taking Coumadin (Warfarin), Plavix, Brilinta, Effient, Jantoven, Lovenox, Aggrenox, Pradaxa, Eliquis, Xarelto, Savaysa or any other blood thinning medication, make sure you know if and when you are to stop these medications. Call the office TODAY if you are unsure.**

***If you are taking any GLP-1 medications such as Ozempic, Wegovy, Rybelsus, Trulicity, Victoza, Monjaro, Zepbound, Bydureon, etc., please hold your injection dosing starting seven days prior to your scheduled procedure until AFTER the procedure is complete, as this can cause substantial slowing of the passage of food moving through your GI tract, which can cause some increased difficulty during the procedure. If you are taking one of these medications for diabetes and/or blood sugar control, please contact your primary care doctor to discuss whether you'll need any additional medication for management during this time.**

Four Days Before the Exam:

- **Stop NSAIDS (Ibuprofen, Motrin, Advil, Naprosyn, Aleve, Relafen or the like). You may continue to take a single aspirin 81mg/325mg tablet daily and/or Tylenol.**

The Day of the Exam:

The success of the exam is very dependent on your stomach being empty of food and fluid at the time of the examination.

- **No solid food after midnight.**

- You may have clear liquid until **three hours** before your scheduled procedure **ARRIVAL** time. No dairy. Clear liquids include water, tea, coffee, apple juice, Gatorade, Jell-O, bouillon, broth, consommé, popsicles, and soda until three hours before your scheduled procedure start time.
- You may not have anything by mouth, three hours prior to your scheduled procedure **ARRIVAL** time.

Day of Exam:

- **If you are diabetic**, do not take your daily diabetic medication this morning. ALL OTHER MEDICATION MAY BE CONTINUED, EVEN ON THE MORNING OF THE EXAMINATION.
- Wear loose comfortable clothing, a short-sleeved shirt, and warm socks.

The hardest part is over! After you arrive for your upper endoscopy, you will meet with a nurse who will talk to you about your medical history, start an IV so you can get fluids, and get you settled. After you meet with your doctor, you will be given medication to sedate you and keep you comfortable during your procedure. You will recover after your procedure for about 30 minutes and will be given a written report with instructions to take home.

After the Examination:

- **You must have a driver to pick you up. YOU CANNOT DRIVE YOURSELF HOME.** If you do not have someone to drive you home, your procedure will be cancelled.
- **YOU MAY NOT DRIVE FOLLOWING YOUR EXAM** for the remainder of the day. You must arrange for transportation. Your procedure will last approximately 2-2.5 hours from the time you arrive to the time you are released. You may confirm your release time with the facility at the time of arrival.