

## UPPER ENDOSCOPY (EGD) INSTRUCTIONS

### What is an Endoscopy?

Under sedation, a flexible tube with a light on the end is passed through the mouth into the esophagus, stomach, and duodenum (the first part of the small intestine).

### Before your procedure day:

Please go to [ONEMEDICALPASSPORT.COM](http://ONEMEDICALPASSPORT.COM) to complete your medical history online prior to your EGD appointment. This is not the same history you may have done for the office. The surgery center uses this to review your health history prior your procedure (including medications, medical history, and current medical conditions) to provide the safest experience for you. If you have trouble completing this requirement, please contact the facility where your procedure will take place.

### How do I prepare?

Do not eat solid food after midnight the night before your procedure. You may drink clear liquids until 4 hours prior to your procedure time. Clear liquids include water, coffee, and tea (no cream, milk, or additives), clear fruit juice, clear soda, Gatorade, and Jell-O (avoid purple, red, or blue coloring). Do not drink any oily liquids such as broth. After the 4 hour mark, nothing should enter your mouth (including chewing gum, hard candy, mints, etc). The only exception to this rule: You may take essential medication in the morning with a small sip of water up to 2 hours before your procedure. Essential medications typically include those for blood pressure, heart, seizure, thyroid, depression, and anxiety. All other medications can wait until after the procedure is completed.

### If you are on blood thinning medications:

7 Days before your procedure: Stop taking Clopidogrel, Plavix, Prasugrel, Effient, Aggrenox, Ticlid

5 days before your procedure: Stop taking Coumadin, Warfarin

2-5 days before, depending on kidney function: Stop Arixtra, Pradaxa, Xarelto, Equis

\*\*\*Please consult with your Cardiologist or PCP about stopping blood thinning medication ahead of time. Let us know immediately if you are on a different blood thinner than what is listed above and/or if the time frames listed above are not acceptable to your provider.

### If you are a diabetic:

INSULIN: If you inject twice a day, inject 1/2 your usual dose in the evening before your procedure and take 1/2 your usual dose the morning of your procedure.

If you inject insulin only in the morning, inject 1/2 your usual dose the morning of the procedure.

ORAL: Please hold your oral diabetic medication the morning of the procedure.

\*\* You should also feel free to discuss with your Endocrinologist or PCP if you have any additional questions.

### Do I need someone to drive me? YES! You will need a driver:

Since you will be receiving sedation, you may not drive until the day after your procedure. This is for your safety. It is the policy of the facility that you have a responsible adult accompany you home after the procedure or your procedure may be canceled. You cannot walk, ride a bike, take Uber, Lyft, a Taxi, or a Bus. Call us if you need the number of a bonded transportation service.

### When you arrive at the clinical facility:

Make sure you bring your insurance card and Photo ID, and a means to pay your copay or deductible if applicable. Wear comfortable clothing and no excessive valuables or jewelry.

Please call us with any questions/concerns at **303-861-0808**