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PRE-PROCEDURE INSTRUCTIONS FOR UPPER GASTROINTESTINAL ENDOSCOPY (EGD)

- ☐ Watch this [video](#) to prepare for your procedure.
- ☐ Please bring your covid vaccine card
- ☐ Please arrive 45 minutes prior to the scheduled procedure time.
- ☐ EGD takes only a few minutes, but expect to spend 2-3 hrs in our unit for the entire process.
- ☐ **No liquid or solid food** after midnight on the night before the procedures
- ☐ Bring copay, photo ID, insurance card, medication list, and contact information of your primary care doctor
- ☐ You need an adult escort to take you home after the procedure (even if you are walking, taking public transportation, or a taxi). This is a legal requirement. Your escort must physically meet you in the endoscopy unit when you are ready to go home. If you do not have an escort on the day of your procedure, your procedure will be CANCELED

What do I do with my daily medicines?

- ☐ If you have diabetes and take medication to control your blood sugar, contact your primary care physician for instruction on how to take your diabetes medication while preparing for this procedure.
- ☐ If you take any BLOOD THINNING MEDICATIONS OTHER THAN ASPIRIN (for example: Coumadin (Warfarin), Eliquis, Pradaxa, Xarelto, Plavix, Brillinta, Lovenox), contact your primary care physician or heart doctor for instructions on if and when to stop these medications prior to your procedure.
- ☐ ASPIRIN is OK to continue prior to the procedure.
- ☐ OK to take your other daily medications with a sip of water up to 6 hours prior to your procedure.

Upper endoscopy (EGD)

Upper endoscopy, or esophagogastroduodenoscopy (EGD) examines the upper gastrointestinal tract, consisting of the esophagus, stomach, and duodenum.

Common reasons for an EGD are to rule out possible conditions or make a diagnosis for issues such as ulcers, inflammation, hiatal hernia, acid reflux, gastrointestinal bleeding, difficulty swallowing, abdominal pain and early signs of cancer. If necessary, biopsies may be done during the procedure and do not necessarily imply cancer.

During the procedure, the doctor will pass an endoscope (a lighted, flexible tube) through the mouth and back of the throat into the esophagus, stomach, and duodenum. Other procedures may be performed during the EGD if necessary such as polyp removal or removing other obstructions in the esophagus.