



specialists in gastroenterology

## Upper Endoscopy Prep (EGD)

### **SEVEN DAYS BEFORE THE PROCEDURE**

#### **Medication restrictions**

1. Diabetics taking insulin: will need dose adjustment the day of the exam. Please ask for advice from the physician that prescribes your insulin. For diabetics only taking diabetic pills simply hold the pills the day of the procedure until you resume eating.
2. Blood thinners (antithrombotic agents) including: aspirin, Coumadin (Warfarin), Plavix, Pradaxa, Xarelto, Eliquis, Brilinta and Effient: These can increase the risk of bleeding during and after endoscopic procedures to a varying degree. Please ask the physician that prescribes the medication if, and when, you can stop these medications. **If** these medications are unable to be stopped you need to call our office.

### **THE MORNING OF THE PROCEDURE**

1. Nothing to eat after midnight, you can have clear liquids (see below) 4 hours prior to your **scheduled procedure time**.
2. You should take any necessary medications you normally use on the morning of the procedure with **sips** of water.
3. Arrive at your scheduled arrival time.
4. Bring a list of your medications, insurance cards and photo ID.
5. After the procedure you must have a responsible adult drive you home. Your driver must wait for you at the endoscopy center. **Taking a cab or Uber home is not an option.**
6. You may not drive or work until the next day.

### **QUESTIONS OR PROBLEMS**

1. Daytime phone number is (314) 997-0554.
2. After hours number is (314) 388-6578.
3. Internet website address is [www.Gidoctor.net](http://www.Gidoctor.net)

### **IMPORTANT INFORMATION ABOUT SEDATION**

Sedatives used for endoscopy include Propofol. These medications provide amnesia and pain relief. You are breathing on your own.

#### **Clear liquids include:**

You may have bouillon, broth, black coffee (sugar and artificial sweeteners are okay, no creamer of any kind), tea (honey is okay), juice (apple, grape, cranberry), Gatorade, Powerade, lemonade, soda (regular or diet are okay), water, Popsicles and Jell-O (any flavor or color). Taking red Jell-O and red Gatorade may turn your bowel movements red and should be limited.