

## EGD CHECKLIST & INSTRUCTIONS

### INSTRUCTIONS FOR AN UPPER ENDOSCOPY (ESOPHAGOGASTRODUODENOSCOPY)



#### 7 Days Before Your Upper Endoscopy

- ☐ **MEDICATIONS:** Remember to talk with your physician about any medications you are taking. You may continue taking aspirin or NSAIDS such as Advil, Motrin, Celebrex or Ibuprofen, unless otherwise instructed by your physician. Ask your physician for specific instructions if you take a blood thinner like Plavix, Pradaxa, Brilinta, Eliquis, Xarelto, Warfarin, Effient, Prasugrel or Lovenox. In all cases, approval from your cardiologist is necessary when managing these medications. Stop taking multivitamins or iron supplements seven days before unless instructed otherwise.
- ☐ **HEALTH MATTERS:** If you have diabetes, kidney disease, are pregnant or think you may be pregnant, please discuss the risks and benefits of this procedure with your physician. There may also be modifications to your diet or medication regimen.
- ☐ **PROCEDURE DAY:** Schedule the day off from work and arrange for an adult friend or family member to take you to and from your procedure. Your driver will need to stay at facility for entire procedure time.

#### 5 Days Before Your Upper Endoscopy:

- ☐ If you having a Bravo Clip placed during your upper endoscopy, discontinue taking Proton Pump Inhibitors, such as omeprazole, esomeprazole (Nexium), or lansoprazole (Prevacid).

#### Day of Your Upper Endoscopy:

- ☐ After midnight (12:00 a.m.), you cannot have any solid food. You may have clear liquids until four (4) hours before your appointment time.

#### Approved Clear Liquids

<ul style="list-style-type: none"><li>• Gatorade, Pedialyte, or Powerade</li></ul>	<ul style="list-style-type: none"><li>• Clear broth or bouillon- any type</li></ul>
<ul style="list-style-type: none"><li>• Black coffee or tea (no milk or dairy creamers)</li></ul>	<ul style="list-style-type: none"><li>• Carbonated and non-carbonated beverages</li></ul>
<ul style="list-style-type: none"><li>• Kool-Aid or other fruit-flavored drinks</li></ul>	<ul style="list-style-type: none"><li>• Strained fruit juices (no pulp)</li></ul>
<ul style="list-style-type: none"><li>• Jell-O, popsicles, hard candy</li></ul>	<b>**No red, orange or purple products</b>

- ☐ **MEDICATIONS: Up to four (4) hours** before your scheduled procedure, take your usual morning medications. Bring a complete list of your medications, including any over-the counter medications, with you on the morning of the procedure.
- ☐ **TIME TO STOP LIQUIDS:** You should have nothing by mouth for a minimum of **four (4) hours** prior to your procedure. This includes mints, gum, and candy.
- ☐ And remember, an adult friend or family member must be available to take you to and from your procedure. Your procedure will be canceled if you are unable to have a driver.

**If you must CANCEL or RESCHEDULE your procedure for any reason, please contact us at least forty-eight hours in advance. Cancellations with less than forty-eight hours will result in a fee of \$100.**

**What is upper endoscopy?**

Upper endoscopy is a procedure that lets your doctor examine the lining of the upper part of your gastrointestinal tract, which includes the esophagus, stomach and duodenum (the first portion of the small intestine). Your doctor will use a thin, flexible tube called an endoscope, which has a camera and light source. Images from the camera appear on a video monitor. A variety of instruments can be passed through the endoscope to diagnose and treat any abnormal findings.

**Why is upper endoscopy done?**

Upper endoscopy helps your doctor identify and treat causes of symptoms such as upper abdominal pain, heartburn, bleeding, nausea, vomiting, weight loss or difficulty swallowing. Your doctor might use upper endoscopy to obtain biopsies (tissue samples) to identify benign (non-cancerous) or malignant (cancerous) tissue. During an upper endoscopy, your doctor can pass instruments through the endoscope to perform therapies such as dilating (or stretching) a narrowed area, removing abnormal tissue or stopping bleeding.

**What can I expect during upper endoscopy?**

Your doctor may numb your throat with a spray and you may receive medication to help you relax, make you sleepy and to minimize discomfort. You will then lie on your side, and a mouthpiece will be placed in your mouth. Your doctor will pass a flexible tube (endoscope) through your mouth, esophagus, stomach and duodenum (the first part of the small intestine). The instrument does not interfere with your ability to breathe. The examination generally takes less than 15 minutes.

**What can I expect after upper endoscopy?**

You will be sent home after the procedure when most of the effects of the medications have worn off. Your throat might be a little sore, and you might feel bloated because of the air introduced into your stomach during the test. You can resume your usual diet unless you are instructed otherwise. Someone must accompany you home from the procedure because of the medications used during the examination. You should not drive, operate machinery, or make legal decisions the day of the procedure to make sure that the effects of the medication have worn off. Even if you feel alert after the procedure, the medications can affect your judgment and reflexes for the rest of the day. Your doctor generally can inform you of the preliminary results of the procedure that day, but the results of some tests, including biopsies, may take several days.

**If you have any questions or concerns regarding your insurance benefits and coverage, please contact your insurance carrier.**

**Our billing office can be reached at (804) 330-4901. We are happy to assist in reviewing coverage and benefit information provided by your insurance carrier.**