



UPPER ENDOSCOPY (EGD) INSTRUCTIONS

An upper endoscopy is a visual examination of the upper digestive tract. Biopsies may be taken and any polyps or abnormalities may be treated or removed during the examination. You will be completely asleep and comfortable during the test as anesthesia is administered. The entire exam will generally take between 15 and 20 minutes. You will be ready to go home and discharged approximately two hours after your scheduled procedure time.

INSTRUCTIONS:

- 1. Do not have any solid food after 8 PM the night before your procedure. Have a light and low fat dinner the evening prior to your procedure.**
- 2. You may have clear liquids (water, clear juice, broth, ice pops) up to 4 hours prior to your procedure. Clear liquids do not include coffee, milk or cream.**
- 3. Do not have ANYTHING by mouth within 4 hours of your procedure. You may take any essential morning medication with a small sip of water on the morning of your procedure. No gum or lozenges are permitted within 4 hours prior to the procedure.**

7 DAYS before your procedure: Stop taking Advil, Aleve, ibuprofen, Motrin, Bufferin, Excedrin etc. Only Tylenol is suggested for pain management. Also, stop taking Iron supplements and Pepto-Bismol at this time.

You may continue to take aspirin if you are required to for cardiac reasons, but please inform your doctor and our staff in advance of your procedure.

****If you take clopidogrel (Plavix), warfarin (Coumadin), Rivaroxaban (Xarelto) Apixaban (Eliquis) or any other blood thinner, please inform your doctor.****

****If you are a diabetic taking insulin, please discuss with your primary care physician or endocrinologist regarding dosing prior to your procedure.**

ESCORT POLICY: It is **REQUIRED** that someone picks you up after the procedure. Your escort can be called when you are in recovery.

CANCELLATION POLICY: If you must cancel, please call the office **at least 48 hours** before the date of your procedure so we may offer your appointment to a patient on our waiting list. **There is a \$175 cancellation fee for any procedure cancelled less than 48 hours in advance.**



Frequently Asked Questions

What should I bring to the Center on the day of my procedure?

- Photo ID and insurance card
- List of medications
- Remove all jewelry, piercings and nail polish before arriving. If you have a non-removable piercing, please contact your physician's office.
- You will need to remove contact lenses before your procedure. Please bring extra contact lenses or glasses with you if required.
- You will have a locker to store your belongings

What if I am on my menstrual cycle on the day of my procedure?

Your menstrual cycle will not affect your procedure.

PLEASE NOTE: Female patients under the age of 55 will be asked to submit a urine sample for the purposes of pregnancy testing prior to their procedure.

What should I wear to the Center?

Wear comfortable clothing that is easily stored and removable.

What if I am breastfeeding?

- In general, breastfeeding is considered to be safe after one is fully recovered from anesthesia.
- If you are breastfeeding, please discuss with your gastroenterologist prior to your procedure and notify the anesthesiologist on the day of your procedure.

How long will I be at the Center for my procedure?

- Most patients spend an average of 2-3 hours at the Center.
- Your adult escort does not have to be with you the entire time and you may call your escort once you are in the recovery area to coordinate pick-up.

Will cannabis use impact my procedure?

- If you smoke or vaporize cannabis, please discontinue use 12 hours prior to your procedure.
- If you ingest cannabis, please discontinue use 8 hours prior to your procedure.
- Cannabis use can have cardiac and respiratory effects that may have an impact during your procedure

If I have had a recent bed bug exposure, should I still come in for my procedure?

- Our nurses screen all patients thoroughly for risks associated with bed bug exposures. Please let your physician know if you have had a recent bed bug exposure.

What if I just gave birth prior to my procedure?

- Please inform your physician if you are less than 6 weeks post-partum.