

# Upper Endoscopy EGD Prep Instructions

Please read the following instructions carefully

What is an **EGD**? (esophagogastroduodenoscopy) – An EGD is the visual examination of the upper intestinal tract esophagus, stomach, duodenum using a flexible scope that contains a light and miniature video camera on its tip; the scope is connected to a video screen for viewing.

## WHAT TO DO BEFORE PROCEDURE: DYSPHAGIA (DIFFICULTY SWALLOWING)

- ***If you are currently taking blood thinners (for irregular heartbeat, atrial fibrillation, heart disease, stents, stroke, mini-stroke, mechanical heart valves, blood clots in the legs or lungs, or other reason) you may need to stop them prior to your procedure.*** Please contact the physician who prescribed the medication for instructions on how to stop them.

The following is not an all-inclusive list:

Plavix (clopidogrel bisulfate)	Effient (prasugrel)
Ticlid (ticlopidine hydrochloride)	Arixtra (fondaparinux)
Coumadin (warfarin sodium)	Brilinta (ticagrelor)
Pradaxa (dabigatran)	Lixiana/Savaysa (edoxaban)
Xarelto (rivaroxaban)	Lovenox (enoxaparin)
Eliquis (apixaban)	Fragmin (dalteparin)
Persantine (dipyridamole)	Zontivity (vorapaxar)
Pletal (cilostazol)	

- If you are taking full dose aspirin (325mg), please contact your prescribing physician to see if this can be decreased to low dose aspirin (81mg). **Do not stop low dose Aspirin (81mg)** Polyps can be removed in the presence of this lower dosage.
- If you have had a recent stress test or are scheduled to have one, please check with your physician to get a cardiac clearance. **WE MUST HAVE RESULTS PRIOR TO PROCEDURE.**
- If you are taking Adipex (Phentermine) or any GLP-1 Agonist (weight loss medication or for your diabetes) it is required to stop these medications 7 days prior to your procedure. Please contact your PCP regarding this if you are taking these medications for diabetes.
- Please refrain from marijuana use 12 hours prior to your procedure.

## ONE DAY BEFORE PROCEDURE

- It is highly recommended to be on a **liquid diet** starting at **NOON** the day before your procedure
- **Nothing to eat or drink** after **MIDNIGHT** the night before your procedure

## DAY OF PROCEDURE

- If you are diabetic you may check your blood sugar before coming in.
- **DO NOT EAT** or **DRINK** anything or your procedure may be cancelled.
- You **may take** all your medications with a sip of water **except** blood sugar/diabetic medications.  
**What to bring with you:**
  - You cannot drive; you must be accompanied by an adult who must remain on the premises while you are having your procedure. Your procedure may be cancelled if you do not have a ride.
  - A list of your current medications including the dosage and the times you take them, along with any drug allergies.
  - Your driver's license and insurance cards

revised 12/8/23 md