

# 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.

### ONE WEEK 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.
- 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.**

### 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
- Please refrain from marijuana use 12 hours prior to your procedure.

### DAY OF PROCEDURE

- If you are a diabetic, please 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 thinners, arthritis medications, and 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 drivers license and insurance cards

**If you are unable to keep your appointment, please give us 48 hrs to avoid any possible fees.**