

# 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.**
- 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.
- If you are taking Adipex (Phentermine) you will need to stop seven (7) days prior to your procedure.
- Please refrain from marijuana use 12 hours prior to your procedure.
- The following is not an all inclusive list.
  - ❖ Plavix (clopidogrel bisulfate)
  - ❖ Ticlid (ticlopidine hydrochloride)
  - ❖ Coumadin (warfarin sodium)
  - ❖ Pradaxa (dabigatran)
  - ❖ Xarelto (rivaroxaban)
  - ❖ Eliquis (apixaban)
  - ❖ Persantine (dipyridamole)
  - ❖ Effient (prasugrel)
  - ❖ Arixtra (fondaparinux)
  - ❖ Brilinta (ticagrelor)
  - ❖ Lixiana/Savaysa (edoxaban)
  - ❖ Lovenox (enoxaparin)
  - ❖ Fragmin (dalteparin)
  - ❖ Zontivity (vorapaxar)
  - ❖ Pletal (cilostazol)

## **DAY BEFORE PROCEDURE:**

- You may eat your normal diet the day before the procedure.
- **Nothing to eat or drink** after **MIDNIGHT** the night before your procedure

## **ON THE 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 drivers license and insurance cards