

UPPER ENDOSCOPY (EGD) INSTRUCTIONS



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Preparing for Your Procedure

Stop taking the following medications:

You will need to stop taking certain blood-thinning medications in the days before your endoscopy. If you take a blood-thinning medication, please check with the doctor who prescribed your medication before stopping it.

7 Days Prior To Your Procedure:

- Stop taking all anti-platelet medications: Plavix (clopidogrel), Pletal, Ticlid, Aggrenox, Anagrelide, or Effient.

5 Days Prior To Your Procedure:

- Stop taking Coumadin (warfarin) and Jantoven.

2 Days Prior To Your Procedure:

- Stop taking Pradaxa, Xarelto (rivaroxaban), Eliquis (apixaban), and iron supplements.

12 Hours Prior To Your Procedure:

- Stop taking Lovenox

Fast before the endoscopy.

You will need to stop drinking and eating eight hours before your endoscopy to ensure your stomach is empty for the procedure.

The day of your procedure:

You may have small amount of food and drink up to 8 hours before the procedure.

Nothing to eat, drink, or chew after _____.

IF YOU DO NOT STOP EATING AND DRINKING EIGHT HOURS BEFORE YOUR PROCEDURE — YOUR PROCEDURE MAY BE CANCELLED.

Bring a medication list.

Tell your doctor about all the medications and supplements you're taking before your endoscopy. Be sure to bring a medication list with you. If you take heart, blood pressure, or seizure medication routinely, you may take the medication up to 2 hours before your procedure with a small amount of water. If you are diabetic, hold oral medications the morning of your procedure. If you take insulin, take only half of your normal dose depending on your morning glucose level.

Plan ahead for your recovery.

You will receive anesthesia/sedation for this exam. You may feel mentally alert, but your memory, reaction times, and judgment may be impaired. You will not be allowed to drive or go back to work until the day after the procedure.

IF YOU DO NOT HAVE A DRIVER HOME, YOUR PROCEDURE WILL BE CANCELLED.

A nurse is available for questions Monday through Friday from 8am-4pm. Call 785-3500 press option 2.

Your Appointment is scheduled for:

Date: _____
Check in Time: _____
Procedure Time: _____

Location:

- Endoscopy Center of Colorado Springs, 2940 N. Circle Dr.
- Penrose Main Hospital GI Lab 2222 N. Nevada Ave.
- St. Francis Medical Center 6001 E. Woodmen Rd.

If you are scheduled at the hospital:

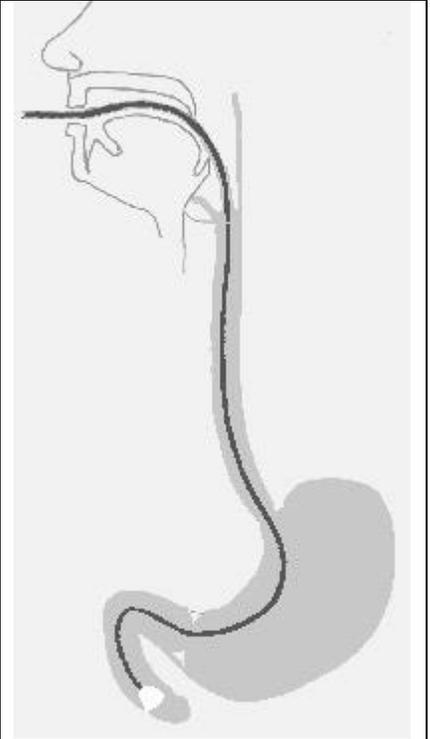
- Call 776-8010 one (1) week prior to your procedure to pre-register
- Check in at registration –they will direct you to the GI Lab.

Your procedure is scheduled with:

- Dr. Van Os
- Dr. Lunt
- Dr. Howden
- Dr. Garza
- Dr. Cesario
- Dr. Kavanaugh
- Dr. Baker

What happens during an EGD?

- Before the procedure, a nurse will place an IV (Intravenous) access into your vein. This will provide a rapid effective way to administer the sedation/anesthesia medications for the procedure.
- You will lie on your left side for the procedure. The nurse will place a piece of plastic between your teeth to keep your mouth open during the exam.
- Once you are in position, you will receive the sedation/anesthesia medications through the IV.
- The instrument will be inserted through your mouth and into the esophagus, stomach and duodenum (small intestine).
- During the procedure, your physician may introduce air or water into your stomach to help with visualization.
- A biopsy (small tissue sample) and photos may be obtained during your procedure.
- If a biopsy is performed, your physician will review this with you afterwards and may tell you not to take aspirin or NSAIDs for several days afterward. (You will receive a letter in 7 to 10 days explaining the biopsy results.)



What happens after your procedure?

After your procedure, you will be monitored and allowed to recover from the sedation/anesthesia. This typically takes 15 to 30 minutes.

- Someone must drive you home. Even if you feel alert after the procedure, your judgment and reflexes could be impaired for the rest of the day due to the medications you received.
- You will be able to resume a normal diet immediately after you leave unless your physician instructs otherwise.
- You will receive a copy of your procedure report to take home with you, and your referring physician will receive a copy in the mail usually within one week.
- Your abdomen may be sore for a while, and you may feel bloated after the procedure because of air introduced into your GI tract during the test.
- Rarely, you may have a sore throat lasting 1-2 days. You can use throat lozenges for relief. Popsicles are also soothing.

What are the possible complications of an EGD?

Upper endoscopy (EGD) is generally safe and complications are rare when the test is performed by a Board-certified gastroenterologist.

- Irritation may occur at the site where your medications were given, sometimes leaving a tender lump that can last for several weeks. Applying hot moist towels may help relieve discomfort.
- Bleeding can occur at a biopsy site or where a polyp was removed, but it's usually minimal and rarely requires follow-up. If you notice any bleeding, you should report this to your physician. Your physician will inform you when you can resume blood thinning medications.
- Rarely, a tear in the wall of the gastrointestinal tract (perforation) could require hospitalization or emergency surgery.
- Other rare risks include a reaction to the sedatives/anesthesia used or aggravation of heart or lung diseases. Please call immediately if after the procedure you develop fever, significant pain, or bleeding.