



Upper Endoscopy (EGD) Instructions



You are scheduled for an upper endoscopy.

Upper endoscopy is a common, safe test to examine the lining of the esophagus, stomach, and the first portion of the small bowel, the duodenum. The upper endoscopy examination is done by inserting an endoscope, a flexible tube fitted with a miniature camera and light source, into the mouth and then through the esophagus, stomach, and duodenum. Upper endoscopy can detect and sometimes treat issues of the upper gastrointestinal tract.

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 prescription anti-platelet medications: Plavix (clopidogrel), Pletal, Ticlid (ticlopidine), Aggrenox, Agrylin (anagrelide), or Effient.

5 Days Prior To Your Procedure:

- Stop taking Coumadin (warfarin), Brilinta, and Jantoven.

2 Days Prior To Your Procedure:

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

12 hours Prior To Your Procedure:

- Stop taking Lovenox, aspirin, ibuprofen, other NSAIDs.

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.

Eight hours before your procedure: Stop drinking and have nothing more by mouth.

IF YOU DO NOT STOP EATING AND DRINKING EIGHT (8) HOURS BEFORE YOUR PROCEDURE — YOUR PROCEDURE MAY BE CANCELLED.

Bring a medication list.

Tell your doctor about all the medications and supplements you are 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.