

## **Esophagogastroduodenoscopy (EGD) Upper Endoscopy Procedure Instructions**

### **PLEASE READ AND FOLLOW THESE INSTRUCTIONS ON THE DAY YOU RECEIVE THEM.**

Our goal is to provide excellent quality care during your visit and throughout your experience with our office. We have included some very important information pertaining to your procedure and care. Don't hesitate to contact Westside Gastroenterology at 317-745-7310 with any questions or concerns.

If you must cancel or reschedule your procedure, please call **Westside Gastroenterology at 317-745-7310** as soon as possible.

Do not eat or drink anything after midnight the evening before your procedure. It is critical that you follow the instructions as directed.

### **PRIOR TO THE PROCEDURE**

**Make arrangements for someone 18 years or older to accompany you to the procedure.** Sedation is given during your procedure. A responsible adult must be present before, during, and after your procedure. Drop-offs are not allowed. After your procedure, you cannot drive, operate machinery, make important decisions, or return to work for the rest of the day. You may resume normal activities the following day unless your doctor directs otherwise. No Taxi or Uber/Lyft drivers.

### **14 DAYS BEFORE PROCEDURE**

- If you are taking weight loss medication, contact Westside Gastroenterology for instructions on stopping it before your procedure.
- Stop any multivitamins, iron supplements, and herbal supplements.

### **7 DAYS BEFORE PROCEDURE**

- Stop anti-inflammatory medications ibuprofen (Motrin<sup>®</sup>, Advil<sup>®</sup>), naproxen (Aleve<sup>®</sup>).
- Celebrex<sup>®</sup> and acetaminophen (Tylenol<sup>®</sup>) are ok to use.

### **2-7 DAYS BEFORE PROCEDURE**

- **STOP anticoagulants/blood thinners** exactly as your prescribing physician has instructed you. This may include clopidogrel (Plavix<sup>®</sup>), warfarin (Coumadin<sup>®</sup>, Jantoven<sup>®</sup>), dabigatran (Pradaxa<sup>®</sup>), apixaban

(Eliquis®), or other non-aspirin blood thinners. Do not stop these medications on your own. If you are uncertain if you need to stop a medication, please call our office for instructions. If you take low-dose aspirin (81 mg), you may continue taking it.

- If you have diabetes and were not given specific instructions for the management of medications, please get in touch with the provider who prescribes your diabetes medication for adjustments before your procedure.

### **1 DAY BEFORE PROCEDURE**

- You may eat your regular diet during the day/evening.
- Do not eat or drink anything after midnight.

### **DAY OF PROCEDURE**

- Do not eat or drink anything.
- You can take your morning medications with sips of water, but do not take ace inhibitor blood pressure medication (e.g., lisinopril, enalapril, benazepril).
- Wear loose-fitting clothes; NO jewelry, makeup, or hair products.
- You will need to change into a hospital gown prior to the procedure.
- Your physician will discuss your procedure with you and your family when you are in the recovery room. If you had any biopsies taken, you will receive a letter with those results, usually 2-3 weeks after the procedure. If the biopsy has serious findings, your physician will contact you.