

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 with us and throughout your experience with our office. We have included some very important information pertaining to your procedure and care.

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

Please contact Westside Gastroenterology at 317-745-7310 with any questions or concerns.

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 come with 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. No Taxi or Uber/Lyft drivers. After your procedure, you will not be able to drive, operate machinery, make important decisions, or return to work for the rest of the day. You may resume normal activities the next day unless your doctor directs otherwise.

14 DAYS BEFORE PROCEDURE

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

7 DAYS BEFORE PROCEDURE 2 DAYS BEFORE PROCEDURE

- Stop anti-inflammatory medications ibuprofen (Motrin[®], Advil[®]), naproxen (Aleve[®]).
- Celebrex[®] and acetaminophen (Tylenol[®]) are ok to use.

2-7 DAYS BEFORE PROCEDURE

- **STOP anticoagulants/blood thinners** exactly as you have been instructed by your prescribing physician. This may include clopidogrel (Plavix®), warfarin (Coumadin®, Jantoven®), dabigatran (Pradaxa®), 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 management of medications, please contact the provider who prescribes your diabetes medication for adjustments prior to 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).
- Do not chew gum or chew tobacco
- 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 members 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 there are serious findings on the biopsy, your physician will contact you.