



Upper Endoscopy (EGD) Preparation Instructions

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You have been scheduled for an Upper GI Endoscopy (also called an EGD). We know that you may have many questions about the test. We created these instructions to help answer your questions and get you ready.

Procedure Locations:

- We perform procedures at several locations throughout The Villages.
 - The **Procedure Location** at which you are scheduled will contact you **within 1 week** of your scheduled procedure to confirm your procedure time, check-in time and location.
- Our Physicians strive to stay on schedule and frequently are ahead of schedule. Due to emergencies, we occasionally have delays. We apologize in advance if this should occur, and you or your driver is inconvenienced in any way.

Failure to follow preparation instructions exactly may cause your procedure to be delayed or rescheduled to a later date.

Procedure Cancellation and Rescheduling:

Our office must be notified of all procedure cancellations and reschedules at least two business days prior to the procedure. To **CANCEL OR RESCHEDULE** a procedure, please call 352-674-8716. Again, there is **NO** guarantee of a morning appointment even if you reschedule.

WHAT IS AN EGD?

An EGD is a test to examine the esophagus, stomach, and first part of the small intestine. Just before the procedure starts you will gargle with medicine to numb your throat. You will then be given medications to make you sleepy. The doctor will pass a flexible tube that has a small camera and headlight to see the inside of your esophagus, stomach, and small intestine on a TV monitor. The doctor can take biopsies of any abnormal areas. You will wake up shortly after the test. Most people do not remember having the procedure.

HOW TO PREPARE FOR AN EGD?

7 DAYS BEFORE YOUR EGD:

- You should stop taking non-steroidal anti-inflammatory medicines (e.g., ibuprofen, Motrin, Aleve, Naprosyn and prescriptive NSAIDs) and Aspirin unless it has been prescribed by a doctor.
- You may continue to take aspirin if your doctor recommended you ordinarily take it. If no doctor has ever recommended aspirin, then you should not take any aspirin starting 7 days before the procedure.
- If you take Insulin and diabetes medications, please call the provider that monitors your glucose levels. Your medications may need to be adjusted due to the diet restrictions required for the procedure.
 - Do not stop these medications without the consent of your prescribing provider.



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- You must stop taking Glucagon-Like Peptide-1 medications 2 weeks prior to the procedure.
 - Examples are: Byetta (Exenatide), Saxenda (Liraglutide), Victoza (Liraglutide), Wegovy (Semaglutide), Trulicity (Dulaglutide), Bydureon (Exenatide), Mounjaro (Tirzepatide), or Rybelsus (Semaglutide).
 - You must speak with your prescribing provider or the specialist at least 3 weeks before the scheduled procedure. Do not stop these medications without the consent of your prescribing provider.
- If you have a history of congestive heart failure, cardiomyopathy, or renal failure, you should not take a Magnesium Citrate bowel preparation and call the doctor that prescribed the flexible sigmoidoscopy.
- If you are prescribed one of the listed blood thinning/anticoagulation medications as follows:
 - Plavix (Clopidogrel)
 - Coumadin (Warfarin)
 - Fragmin (Dalteparin)
 - Arixtra (Fondaparinux)
 - Praxada (Dabigatran)
 - Brilinta (Ticagrelor)
 - Eliquis (Apixaban)
 - Pletal (Cilostazole)
 - Lovenox (Enoxaparin)
 - Effient (Parasugrel)
 - Xarelto (Rivaroxban)
 - Jantoven (Warfarin)
- You will need to discuss with that prescribing provider the period your specific medication will need to be held prior to the date of your procedure.

Our medical staff members can help coordinate any concerns if necessary.

Call 352-674-8700.

1 DAY BEFORE YOUR EGD:

- Do NOT have any solid food after 11:59 PM the night before the EGD.

THE DAY OF YOUR EGD:

- Remember, your stomach must be empty of solids so that your provider can have a clear view of the area. No solid food after midnight the night before your scheduled procedure.
- *What to eat:* You CANNOT eat any food, suck candy, or chew gum until after the endoscopy is over.
- *What to drink:* You may drink clear liquids in moderation until four hours before your check-in time.
 - A clear liquid diet includes Water, black coffee, or tea (no milk or cream), clear broth or bouillon, Gatorade, carbonated or noncarbonated soft drinks (Coke, Sprite), strained fruit juices without pulp (apple, white grape, white cranberry), Jell-O, and popsicles. Remember, NO RED OR PURPLE LIQUIDS.
 - Avoid red or purple liquids, dairy products, protein shakes, alcoholic beverages, chewing tobacco, and illicit drugs. The use of these will result in your EGD being canceled.
 - You may take your medications as directed with a sip of water.
- Also, if you are scheduled to have a colonoscopy at the same time as the EGD you should take your colonoscopy preparation as directed on the colonoscopy instruction form.
- Please note: If your appointment is scheduled in the afternoon, you may have clear liquids in moderation up to 4 hours prior to the arrival time you are given by the surgery center.



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- *Medications:* Do NOT take any medication for diabetes or diuretics (such as Lasix/furosemide) You may take your other medications, inclusive of blood pressure medications with a small amount of liquid up to four hours before the EGD.
- *What to bring:* Please bring a list of your medications.
- If you choose to have the EGD performed with medication for sedation (most people do) you must be accompanied by an adult who can drive, you home after the test. **The exam will not be done unless a person at least 18 years old comes with you and stays in the GI Procedure waiting room during the exam.**

AFTER THE EGD:

After the EGD is completed, we will observe you in a recovery area for approximately 30 minutes. Before you leave, the doctor will explain the results of the exam and give you a report and instructions. If you received sedative medications, then the person who came with you must sign you out and drive you home. You cannot drive or go back to work for at least 12 hours. If you were not given medication for sedation, you will be able to walk, drive or take a van, bus, or taxi after the exam.

After reading this information, if you have any concerns involving your upper endoscopy procedure and/or prep, please call The Villages Health Specialty Care Center at 352-674-8700 and ask to speak with one of the Physician's team members.