

# The Villages Health

## Upper Endoscopy (EGD) Preparation Instructions

Dr. Raymond Mis and Dr. Alan Sonsky

You are scheduled for an upper GI endoscopy (also called an EGD) at \_\_\_\_\_. Please read the following information carefully.

### Location of Procedure:

The Villages Endoscopy  
10900 SE 174<sup>th</sup> Place Road  
Summerfield, FL 34491  
P: 352-245-7427

TVRH  
1451 El Camino Real  
The Villages, FL 32159  
P: 352-323-5440

Lake Endoscopy Center, LLC  
17355 SE 109<sup>th</sup> Terrace Road  
Summerfield, FL 34491  
P: 352-245-0846

- A Surgery Scheduler will contact you with the date of your procedure. If you cannot make your appointment 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.
- The Surgery Center will contact you **within 1-2 days** of your scheduled procedure to confirm your procedure time and check-in time.
- 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.***

### 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 (NSAID) medications, such as ibuprofen, Motrin, Aleve, Advil, Naproxen or prescriptive NSAIDs.
- 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 any of the following blood thinning/anticoagulation medicines, then you need to discuss what to do in preparation of this procedure with the prescribing provider or your gastroenterologist.
  - Plavix (Clopidogrel)
  - Eliquis (Apixaban)



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- Coumadin (Warfarin)
- Fragmin (Dalteparin)
- Arixtra (Fondaparinux)
- Praxada (Dabigatran)
- Brilinta (Ticagrelor)
- Pletal (Cilostazole)
- Lovenox (Enoxaparin)
- Effient (Parasugrel)
- Xarelto (Rivaroxban)
- Jantoven (Warfarin)

*Our medical staff members can help you, if necessary, in coordinating this matter. Call 352-674-8700.*

## **1 DAY BEFORE YOUR EGD:**

- If you have diabetes, we recommend you take only one-half the dose of long-acting insulin (e.g., Lantus) the night before the endoscopy.
- Do NOT have any solid food after 11:59 PM the night before the EGD.

## **THE DAY OF YOUR EGD:**

- *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 water, black coffee (without sugar, milk, or cream), apple juice, soda pop, or club soda. Stop drinking these liquids at least 4 hours before the EGD.
- 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.
- *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.
- Arrive at least 60 minutes before your scheduled appointment.
- 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.**
- You should expect to spend up to 4 hours in our procedure's unit, longer if you are scheduled to have an additional test done on the same day.

## **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.***