

UPPER ENDOSCOPY

WHAT IS AN UPPER GI ENDOSCOPY (EGD)?

This is a procedure in which the doctor uses a flexible tube with a camera (endoscope) to see the lining of your upper GI tract.

PATIENT PREPARATION

FIVE(5) DAYS BEFORE PROCEDURE:

1. Stop taking supplements such as **iron pills, Vitamin E, fiber supplements and herbal supplements.**
2. Stop taking any weight-loss medications or supplements. (**STOP PHENTERMINE for 2 weeks**)
3. Arrange to have a responsible licensed adult driver to take you home following your scope. Legally, you **MUST NOT DRIVE** for 12 hours after your procedure.
4. **If you take anticoagulants (blood thinners)** such as warfarin, Coumadin, Eliquis, Xarelto, Effient, Brilinta, Ticlid, Plavix, etc., please contact your doctor for direction on when to stop the medication.
5. If you are on insulin, contact your doctor for instructions prior to the procedure.

PRIOR TO THE PROCEDURE:

1. A Surgical Nurse will call you prior to the procedure to evaluate the need to stop medications, answer questions, provide education and confirm your procedure date and time. This is an important call. Please be prepared to receive it or the procedure may be cancelled. If you are returning the call, please do so between 7am – 3pm at 402-395-3245.
2. You may be instructed to take your blood pressure or heart medication with a sip of water the morning of the procedure.
3. Due to anesthesia, **DO NOT have anything to drink after midnight. DO NOT** chew gum, suck on hard candy/mints or use tobacco the morning of the procedure.

EGD stands for: Esophageal – Gastric - Duodenal

A physician or surgeon performs the procedure, while you receive light sedation to help you relax.