

Upper Endoscopy (EGD) preparation

This is what *team* looks like Upper GI endoscopy also referred to as EGD (esophagogastroduodenoscopy), is a visual examination of the upper intestinal tract, using a lighted, flexible fiber optic endoscope. You are mildly sedated for this procedure. The endoscope is gently inserted through your mouth into the upper esophagus. Then, the endoscope is passed into the stomach and duodenum, or first portion of the small intestine. In some cases, the doctor may need to dilate (stretch) the esophagus. Areas of the esophagus and or stomach may also be biopsied for diagnosing certain conditions.

You must **STOP** anticoagulants/blood thinners/GLP-1 injections such as, but not limited to;

- Plavix, Aggrenox, Brilinta, Effient, Cilostazol, Ozempic, Wegovy, Trulicity, Mounjaro, Bydureon, Zepbound, Semaglutide, Rybelsus, Victoza, Saxenda, Soliqua, Adlyxin, Byetta – **STOP 7 days in advance**
- Coumadin – **STOP 4 days in advance**
- Eliquis, Xarelto, Pradaxa – **STOP 3 days in advance**

Please discuss with your healthcare provider. In most circumstances, these medications are temporarily discontinued.

The day of your procedure:

Nothing to eat or drink 8 hours prior to your procedure

- You may take any currently prescribed heart and blood pressure medications (except for blood thinners as detailed above) with a sip of water 2 hours prior to your procedure.
- If you are diabetic: Do not take your diabetic medications (pills or insulin) the morning of your procedure. If you normally monitor your sugars at home, please check your blood sugar that morning. You may bring your medication to take after your procedure.
- Please report to your appointment as scheduled. You may be there up to 3-4 hours. Please be flexible with your arrival time, in case we have last minute cancellations.
- **A driver MUST accompany you and REMAIN OF THE PREMISES. You will be sedated.** If your driver does not stay, your procedure will be canceled.
- You may not drive or work for 24 hours after the procedure.
- Do not wear makeup, remove & leave all jewelry at home.
- No chewing gum, hard candy or smoking/chewing/vaping tobacco products.

If you need to reschedule or cancel your procedure, we ask that you call within 48 hrs, so we can offer the time to another patient. Cancellations without a 48-hour notification may incur a charge. Please make every effort to keep this appointment (rescheduling would be for the next available and may be several weeks/months out). We can be reached at **704-978-1144 option # 7**

~ Thank you for allowing us to take care of your GI health ~