

# Upper Endoscopy/ EGD Preparation

Northeast Digestive Health Center  
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## Information and Instructions for an EGD (Esophagogastroduodenoscopy)

You have been scheduled for an Upper Endoscopy or EGD. This is a procedure to examine the esophagus, stomach, and duodenum (first portion of the small intestine) using a flexible instrument called an endoscope.

Upon arrival, you will be taken to a pre-procedure holding area. You will be asked to sign a consent form and answer some questions about your health history and current condition. An intravenous catheter will be placed in your arm.

You will then be taken to a procedure room for the examination. You will be asked to lie on your left side for the procedure. Sedation will be given via the intravenous catheter. You

may be given topical anesthetic spray to the back of your throat. The procedure itself usually lasts about 10 minutes. Your recovery time is about 30 minutes.

The physician will talk to you and your driver after the procedure. Due to the sedative you have been given you may not recollect this later so, written instructions will also be given to you regarding the results, your diet and activity for the remainder of the day.

Do not plan to drive, work, operate machinery, or make important decisions the rest of that day.

Day of your  
examination-  
Date \_\_\_\_\_

You are scheduled  
with Dr. \_\_\_\_\_  
at \_\_\_\_\_ (facility) \_\_\_\_\_.

Your procedure time  
is \_\_\_\_\_ am/pm.  
Please arrive at  
\_\_\_\_\_ am/pm.

**\*\*If your procedure is scheduled at Gateway Surgery Center please call 704-920-7049 after 2pm one business day prior to your procedure to obtain your arrival time.**

## Day of the Examination

DO NOT eat anything after midnight the night prior. Clear liquids are allowed until 3 hours prior to your procedure. EATING after midnight OR DRINKING including gum, mints and hard candy **WITHIN 3 HOURS OF YOUR PROCEDURE COULD CAUSE A DELAY OR CANCELLATION.**

Do not use denture adhesive before your procedure as you may be asked to remove your dentures before the exam.

If you are **diabetic, on the morning of your procedure please hold all diabetes medications.**

**The morning of your procedure you may take medications for:**

High blood pressure  
Heart conditions  
Asthma/ Lung conditions  
Seizures  
Thyroid conditions

**\*\*Please take these with just a small sip of water\*\***

If you take **Coumadin, Plavix, Brilinta, Jantoven, Aggrenox** please hold for 5 days prior to your procedure.

If you take **Effient**, please hold for 7 days prior to your procedure.

If you take **Pradaxa, Xarelto** or **Eliquis**, please hold for 2 days prior to your procedure.

Hold **Iron** for 3 days prior to your procedure. This does not include Multivitamins with Iron.

## Special points of interest:

- You **MUST** bring someone with you who will **remain on the premises throughout the procedure** and drive you home. Failure to do so will result in postponement or cancellation of your procedure.