

Getting ready for your Upper Endoscopy



Read this information as soon as you get it. This handout includes important details about how to prepare for this exam and what to expect. If you have questions, please call our office.



Plan ahead

- Ask an adult family member or friend to drive you to and from your exam. You will be sleepy after the exam and must not drive or leave by yourself. If you use a non-medical ride service such as a taxi, Lyft or Uber, or public transportation, an adult family member or friend must ride home with you.
- Plan to take off from work the day of your exam.
- For your safety, an adult must stay with you at home the night after your exam. This is because the medicine we give you can make you sleepy and not as alert.



Home medicines

- If you take medicine for diabetes**, call the doctor who prescribes this medicine. Tell them you are having an upper endoscopy and ask if you need to adjust the dose of your diabetes medicines.
- If you take any type of blood thinning medicine**, such as Coumadin, Plavix, Lovenox, Brilinta, Eliquis or Xarelto, you may need to stop taking it or change the dose for a short amount of time. These changes depend on the medicine you take. Call the doctor who prescribed your blood thinner. Tell them you are having an upper endoscopy and ask if you need to change how and when you take your blood thinning medicine. If your doctor says it is not ok for you to stop taking your blood thinner, call our office. Some patients keep taking blood thinners due to special situations. **Do not stop taking aspirin if it is prescribed for medical reasons such as heart disease or stroke.**
- 7 days before your exam**, stop taking herbs, iron pills and vitamins with iron.



Diet changes

The day before your exam: You can eat your normal diet.

The night before your exam: Do not eat anything after midnight.

The day of your exam: You may drink clear liquids up until 3 hours before arrival time. Clear liquids are those you can see through and include:



- Water, clear pop like ginger ale and clear fruit juices **without pulp** such as apple, lemonade or white grape
- Clear broth – beef, chicken or vegetable
- Jell-O, popsicles and sports drinks like Gatorade - **no red or dark colors**
- Plain coffee or tea – **no milk or creamer**



If you eat anything solid or drink dairy products, your procedure will be canceled.

Don't drink alcohol the whole day.



What to bring to your exam

- Photo ID and health insurance cards.
- List of all medicines, vitamins, herbs and supplements you take. Include the medicine name, dose, when you take them, why you take them and name of the doctor who prescribed them.
- List of any allergies you have and/or if you do not react well to certain medicines.
- Advance directives, living will and durable health care power of attorney, if you have them.
- Phone number for the person taking you home.
- Any paperwork that we send to you, such a health history form.
- C-pap or Bi-pap machine if you use one at home.
- Portable oxygen tank if you use oxygen at home.



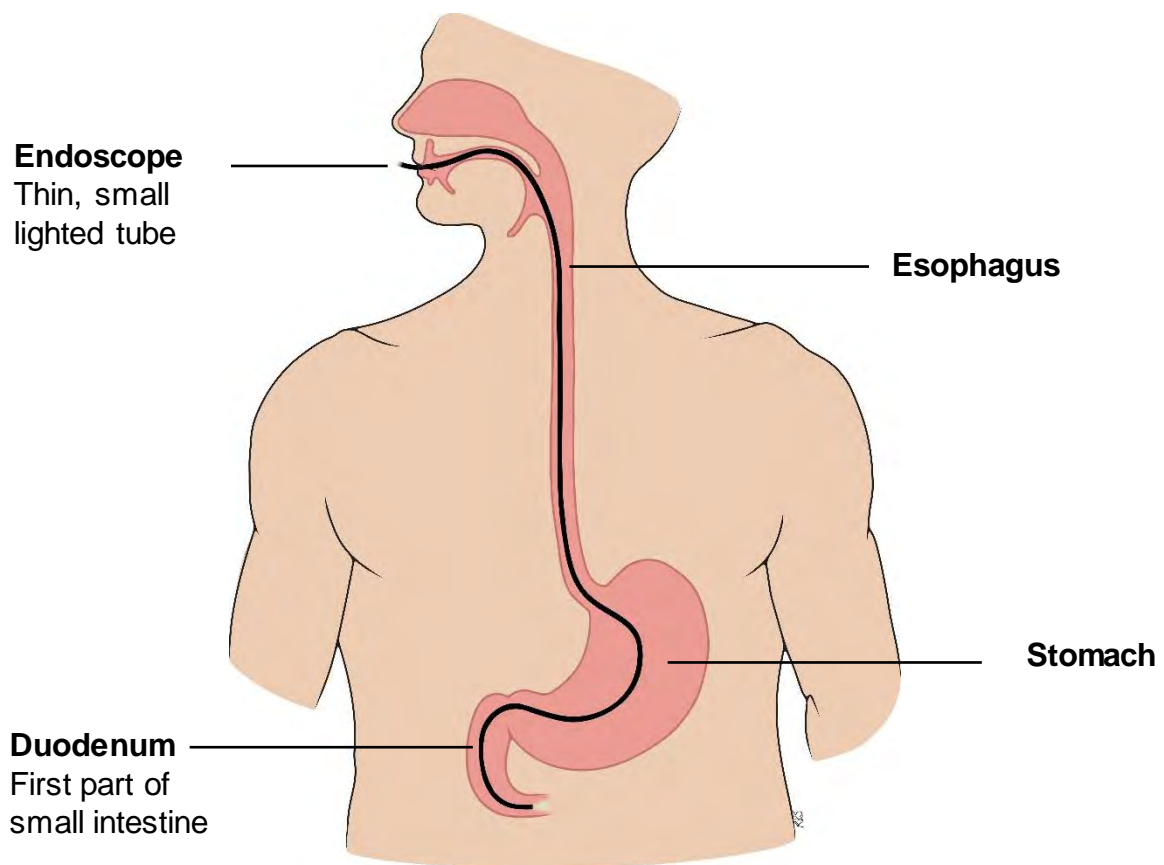
Call our office if you have questions, or to change or cancel your exam.

What happens during an Upper Endoscopy?

An upper endoscopy (pronounced UH-per en-DOS-koh-pee) is a test to look for abnormal areas in your esophagus, stomach and the first part of your small intestine (called the duodenum). The test uses a thin, small lighted tube called an endoscope. The tube is passed through your mouth, down your throat into your esophagus.

An upper endoscopy is also called an EGD, which stands for Esophago-Gastro-Duodenoscopy. Other upper endoscopy procedures include:

- EUS (Endoscopic Ultrasound)
- ERCP (Endoscopic Retrograde Cholangio-Pancreatography) or examination of the bile duct or pancreas duct)
- Enteroscopy – examination of the small bowel beyond the reach of the EGD procedure





Plan for the entire process to take at least 3 hours. Often it takes 1 hour to prepare and 1 hour to recover. The actual procedure time can take between 15 minutes to 90 minutes depending on what is planned.

After check in

After checking in, you change into a hospital gown. An IV (intravenous) line is put in your arm with a needle but then the needle is removed, leaving a thin flexible tube. Our team will ask you questions about your health and help answer your questions. Your family can wait with you. Once we are ready, we take you to an exam room and ask you to lay on your left side.

During your exam

In the exam room we give you medicine through your IV to help you relax and feel comfortable during your procedure. After you are sleepy, the doctor inserts a device called an endoscope into your mouth. This device is a long, flexible lighted tube with a lens for viewing, and a tool for removing tissue.

If your doctor removes tissue samples during your procedure, they are sent to a lab for testing. It takes up to 1 week to get the results.

After your exam

Once your exam is done, our staff monitors you in our recovery area and your family can stay with you. Before leaving, your doctor talks to you about your exam and a staff member goes over your discharge papers.

For 24 hours after your exam: The medicine we give you to relax makes you feel sleepy and forgetful, so you should not drive, use machinery or do things where you need to be alert. For your safety, an adult must stay with you the night after the exam.