



Upper Endoscopy (EGD)

Procedure Date _____ Time _____ Arrival Time _____

Preparation Upper Endoscopy (otherwise known as esophagogastroduodenoscopy or **EGD**) is an examination of the inside of your esophagus, stomach and first part of the small intestine. This will be done with a fiberoptic endoscope, which is a flexible lighted tube that directly visualizes the inside of your gastrointestinal tract.

On the day prior to the procedure, you may eat and drink normally until midnight. **Take nothing by mouth after midnight, except for medications or small sips of water.**

One Week Prior to the Procedure

- Your doctor will let you know if you have to hold some medications prior to your procedure. These medications may include: Coumadin, aspirin, Percodan, Alka-Selzer.
- **TYLENOL and other brands which contain ACETAMINOPHEN are safe to use prior to this procedure.**

Day Before the Procedure

- **Do not eat or drink anything after midnight the evening before your procedure**
- **Hold evening dose of insulin, as you will not eat until after your procedure**

Day of Procedure

- **DO NOT EAT OR DRINK ANYTHING THAT DAY!**
- If you take medication, you may have it the morning of the procedure with a small amount of water. This means NO MORE than a few **SMALL** sips of water. You may brush your teeth.
- Arrive at the Endoscopy Center **ONE HOUR BEFORE** your procedure is scheduled.
- You may want to leave your valuables at home (jewelry, watches, etc) and limit make-up & fancy hair-do's.
- You **must** be accompanied by a friend or relative to drive you home. You **MAY NOT** drive, go home in a taxi or by bus. If this procedure is not followed, your procedure may be cancelled.
- Special Instructions:
- Hold morning dose of insulin the day of the procedure.
- If you have an artificial heart valve, or have a previous history of endocarditis, or other specific indication, your doctor may prescribe pre-procedure antibiotics.
- **Bring a list of the medications (including the dosages) and any allergies to medications**

Other _____

After you sign in, an IV will be placed in your arm so that we may administer medication to make you drowsy and prevent any discomfort during the procedure. The doctor will then place the endoscope into your mouth and ask you to swallow. The endoscope does not interfere with your breathing and will easily pass down your esophagus and into your stomach. At the time of the endoscopy, other maneuvers such as biopsy or dilation of narrowed areas may be performed if needed. The entire exam should take about 10 to 15 minutes.

**Good Luck! This is the hardest part of the procedure.
Please call us if you have any questions at 388-8686**