



**You are scheduled to have an upper endoscopy, also called an EGD, please read the following information carefully.**

### **WHAT IS AN EGD?**

An EGD is the visual examination of the upper intestinal tract (esophagus, stomach, duodenum) using a light and t.v. camera on the end of a flexible tube connected to a video screen for viewing.

### **What to do before the Exam:**

- **Do not take** aspirin, aspirin products, Advil, ibuprofen, Motrin, Aleve/Naprosyn, or similar drugs for five days before the exam.
- If your **insurance company** must give approval for your EGD, please call the company to get an authorization number. If your doctor has referred you, authorization should be made through his or her office. This is especially important if you belong to an HMO program.
- If you take a **blood thinner** such as Coumadin, heparin, Lovenox, Plavix, or warfarin, you may need to stop the medication 3-7 days before the exam to let your blood thicken. Do not stop the pills without talking with a doctor. Call your doctor or speak with a doctor in the GI Procedure Area.
- **Bring a driver:** If you have the EGD with medication for sedation, you must make sure a person at least 18 years old comes with you to the exam and drives you home or goes home with you on the van, bus or taxi. Because the medication causes sleepiness, it will not be safe for you to leave the GI Procedure Area alone. The exam will not be done unless a person at least 18 years old comes with you and stays in the GI Procedure waiting room during the exam.
- If you want to have the EGD without medication for sedation, please discuss this with the nurse or doctor once you have checked in to the GI Procedure Area.
- **Six hours before the exam:** You cannot take anything by mouth for at least six hours before the exam, except for medications, which can be taken with a small sip of water up to three hours before the exam.
- Ask your doctor about the need for making any changes to your diet.

## On the Day of the Exam

- Please come 30 minutes before your scheduled time. Come to the GI Procedure Area in the basement of the Main Hospital (“B” on the elevator). We will give you a written description of the exam. Although we try to start each exam on time, sometimes events beyond our control cause a delay in the start of an exam for as much as 1-2 hours. We appreciate your patience.
- Please make sure you bring your hospital card and all of your current medications (or a list of your current medications).
- Once we finish the exam, we will watch you in the Recovery Area for 30 minutes. Before you leave, the doctor will explain the results of the exam and any instructions to you and the person who came with you.
- The person who came with you must sign you out and drive you home or go with you on the van, bus or taxi. You cannot drive or go back to work for at least 12 hours after leaving the Procedure Area.
- If you were not given medication for sedation, you will be able to walk, drive or take a van, bus or taxi after the exam.
- You may take your usual medications (unless otherwise instructed) with a sip of clear liquid. If you are diabetic and take insulin, take ½ of the usual dose. If you take a pill for diabetes, take this as usual.

If you will be late or cannot make it to the exam,  
please call the GI Procedure Area at (919) 966-2310.  
If the office is closed, please leave a message.  
Thank you.