

An EGD (esophagogastric duodenoscopy) is a test that examines your upper GI tract. An endoscope is a long, thin, flexible tube with a camera and light so that a gastroenterologist can examine the inside lining of your esophagus, stomach and first part of your small intestine. If a biopsy (tissue sample) is needed, this is done during the procedure. **Plan to arrive ONE HOUR before your procedure time.**

Good prep includes the following:

A Driver

You may receive sedation medications during your procedure. For your safety, we require that you have someone (18 years or older) drive you home. **If you do NOT have a driver, your procedure will be rescheduled.**

We have three locations. You should have already received your appointment information, including appointment date, time, and location. See your MyChart message, or text us at 984-974-5050, for assistance. To set up MyChart, please call 888-996-2767.

- **GI Procedures Memorial Hospital** (Basement Level)
UNC Medical Center, 101 Manning Drive, Chapel Hill NC 27514
(Parking is available in the Dogwood Parking Deck across the street, and valet parking is available in front of the hospital.)
- **GI Procedures Hillsborough Campus** (2nd Floor)
UNC Hillsborough Campus, 460 Waterstone Drive, Hillsborough, NC 27278
- **GI Endoscopy Center Meadowmont** (3rd Floor)
UNC GI Endoscopy Center, 300 Meadowmont Village Circle, Suite 302, Chapel Hill, NC 27517

Diet Changes

You may only have clear liquids beginning midnight before your procedure, and nothing at all to eat or drink within 2 hours of the procedure. Please see page 3 for more information.

Review your Medications

You may need to take medications differently than you usually do. See page 2.

Scheduling

To *cancel* your procedure, please text (984) 974-5050. To *reschedule* your appointment, call (984) 974-5050, and choose Option 1. When prompted again, choose Option 2.

- Nurse: To ask a question about your medications, diet or other concerns, call our nurse line at (984) 974-5052. This phone line is open Mon-Fri, 8am-4pm. If needed, please leave a message and a nurse will call you back as soon as possible. If it is **after hours or over the weekend** and you have an **urgent concern**, please call the UNC operator (984) 974-1000 and ask to speak to the "On-Call GI Fellow." If it is an emergency, call 911.

EGD Instructions

Your Medications



You may need to adjust your medications. See the below chart as a guide. Call our nurse line if you have any questions or concerns about your medications, (984) 974-5052.

| Medication Categories | Day Before | Day Of |
|---|--|-----------------------------------|
| Aspirin (81mg or 325mg) | Take as normal* | Take as normal* |
| “Over-The-Counter” Pain Medications (e.g., Ibuprofen, Aleve, Motrin, Tylenol) | Take as normal | Take as normal |
| Levothyroxine (Brand Name: Synthroid) | Take as normal | Take as normal |
| All Diet Supplements (e.g., fiber, fish oil, Vitamin E, or anything with iron) | Take as normal | Do NOT take until after procedure |
| All Long Acting Diabetes (e.g., Lantus, Basaglar, Levemir, Tresiba) | Take ½ of your regular dose | Do NOT take until after procedure |
| All Short Acting Diabetes (e.g., Humulin, Humalog, Novolin, Novolog, Metformin, Glipizide) | Take as normal | Do NOT take until after procedure |
| Diuretics (“Water Pills”) (e.g., Lasix, Hydrochlorothiazide, Aldactone, Spironolactone) | Take as normal | Do NOT take until after procedure |
| These <i>Specific</i> Blood Pressure Medications: Lisinopril, Enalapril, Quinapril, Fosinopril, Captopril, Benazepril; Losartan, Valsartan, Azilsartan, Olmesartan, Candesartan, Eprosartan, Irbesartan, Telmisartan | Take as normal | Do NOT take until after procedure |
| Other Blood Pressure Medications (e.g., Metoprolol, Amlodipine, Carvedilol) | Take as normal | Take as normal |
| “Statins” (e.g., Atorvastatin, Pravastatin, Simvastatin) | Take as normal | Take as normal |
| Seizure Medications | Take as normal | Take as normal |
| Anti-anxiety, Anti-depression, Anti-psychotic Medications | Take as normal | Take as normal |
| Blood Thinners (e.g., Coumadin, Eliquis, Plavix, Xarelto, Brilinta, Effient, Pradaxa) | If you are on a blood thinner, our nurse should have already contacted you. Call us with questions (984-974-5052). | |

*Take Aspirin as normal unless specifically told otherwise by your doctor.

The Midnight Before your Procedure

- Beginning midnight before your procedure, **NO SOLID FOOD**. Begin a **CLEAR LIQUID DIET**.
 - You may drink water, black coffee, black tea (with sugar if you prefer), sports drinks, apple juice, soda, or club soda. Nothing red, purple, or blue in color.
 - IF you need to take medications that morning, do so at least 2 hours before your procedure with a few sips of water or other clear fluid.

TWO (2) hours before your procedure time

- **No foods and no drinks of any kind, even water, until after your procedure.**

Here are some reminders for your procedure day:

- Plan to arrive one hour before your procedure time. Be sure to come with an adult driver (18 or older) who will take you home. You should expect to spend up to 4 hours in our procedure unit.
- After your procedure, our team will review the results of your procedure, observe you, and call your driver when you are ready to be discharged.
- Your driver is required to stay nearby (within 20 minutes of the procedure site) for the entire time, and sign you out after the procedure.

Special COVID Information

In preparation for your endoscopy at UNC Health, please read through the following COVID-related information.

Symptoms

If you develop symptoms of COVID (or you have had close contact with a person who is COVID-positive) within 3 weeks of your procedure date, please call our nurse line at (984) 974-5052. This phone line is monitored Monday-Friday, 8am-4pm. We will help you determine if we need to reschedule your procedure, or if a COVID test is needed.

Symptoms include:

- Cough
- Shortness of breath
- Loss of taste or smell
- Sore throat
- Fever or feeling feverish
- Repeated shaking chills
- Muscle pain
- Vomiting
- Diarrhea

Exposure to a Person with COVID

If you have had close contact with a person with confirmed COVID within 21 days of your procedure date, please call or text us at 984-974-5050. We will help you determine if we need to reschedule your procedure, or if a COVID test is needed.