
 **What Is an EGD (Endoscopy)?**

- A procedure to examine the **esophagus, stomach, and small intestine** using a flexible tube with a camera.
- You will receive **IV sedation**, so you will feel sleepy and relaxed during the procedure.

 **Important: You Must Bring a Driver**

- You **must have a responsible adult (18+)** to drive you home.
- No driver = **procedure will be rescheduled**.
- Your drop off driver can be a different person than your pick up driver.
- Your pick up driver must remain within **20 minutes** of the facility and sign you out afterward.

 **Diet Instructions**

Starting after midnight the night before your procedure- NO SOLID FOOD

Day before procedure <u>until midnight</u>:	Eat your normal diet, drink normal fluids
After midnight, night before AND day of procedure	NO SOLID FOOD until after procedure. No dairy, broth, creamers, or honey Drink only water/flavored water, apple juice, ginger ale, sprite, or black coffee/tea
Beginning 2 hours before procedure time:	NOTHING AT ALL BY MOUTH No food or fluids No gum, candy, or mints

- Take medications with **water**, if needed, **at least 2 hours** before your procedure.

 **Medication Instructions**

- Most medications can be taken as usual.
- **Important:** Check page 3 of your packet to see if *any of your medications need to be adjusted.*

 **Contact Information**

- **To Cancel:** Text (984) 974-5050
- **To Reschedule:** Call (984) 974-5050 → Option 1 → then Option 2
- **Questions?** Call the nurse line and leave a message: (984) 974-5052 (M-F, 8 AM–4 PM)
- **Urgent after-hours issue?** Call UNC operator at (984) 974-1000 and ask for the “On-Call GI Fellow”
- **Emergency?** Call 911

 **Reminders**

- Review your full instruction packet (especially diet and meds).
- Bring your driver and arrive on time.
- Plan to be at the clinic for **up to 4 hours** total.
- You'll be monitored and will discuss the procedure and results before going home.

Your Location May Be:

1. **UNC Memorial Hospital** – 101 Manning Dr., Chapel Hill, NC
(Dogwood Parking Deck or valet) **Take elevators down to basement level.**
2. **UNC Hillsborough Campus** – 460 Waterstone Dr., Hillsborough, NC (**second floor**)
3. **UNC GI Endoscopy Center (Meadowmont)** – 300 Meadowmont Village Cir., Suite 302, Chapel Hill, NC (**third floor**)

MEDICATION GUIDE FOR EGD

<u>Medication Type/Examples</u>	<u>Day Before EGD</u>	<u>Day of EGD</u>
Aspirin (81mg or 325mg)	<input checked="" type="checkbox"/> Take as normal	<input checked="" type="checkbox"/> Take as normal
Over-the-counter Pain Meds (Ibuprofen, Tylenol, etc.)	<input checked="" type="checkbox"/> Take as normal	<input checked="" type="checkbox"/> Take as normal
Levothyroxine (Synthroid)	<input checked="" type="checkbox"/> Take as normal	<input checked="" type="checkbox"/> Take as normal
Dietary Supplements (fish oil, fiber, iron, Vitamin E, etc.)	<input checked="" type="checkbox"/> Do NOT take	<input checked="" type="checkbox"/> Do NOT take until after procedure
Long-acting Diabetes Meds (Lantus, Levemir, Tresiba, etc.)	<input checked="" type="checkbox"/> Take half dose	<input checked="" type="checkbox"/> Do NOT take until after procedure
Short-acting Diabetes Meds (Humulin, Humalog, Metformin, Glipizide, Jardiance, etc.)	<input checked="" type="checkbox"/> Take as normal	<input checked="" type="checkbox"/> Do NOT take until after procedure
Diuretics ("Water Pills") (Lasix, HCTZ, Spironolactone)	<input checked="" type="checkbox"/> Take as normal	<input checked="" type="checkbox"/> Do NOT take until after procedure
Certain BP Meds (ACE inhibitors, ARBs- end in 'pril or 'atan), Entresto	<input checked="" type="checkbox"/> Take as normal	<input checked="" type="checkbox"/> Do NOT take until after procedure
Other BP Meds (Metoprolol, Amlodipine, Carvedilol, etc.)	<input checked="" type="checkbox"/> Take as normal	<input checked="" type="checkbox"/> Take as normal
Statins (Atorvastatin, Simvastatin, etc.)	<input checked="" type="checkbox"/> Take as normal	<input checked="" type="checkbox"/> Take as normal
Seizure Medications	<input checked="" type="checkbox"/> Take as normal	<input checked="" type="checkbox"/> Take as normal
Anti-anxiety / Depression / Antipsychotics	<input checked="" type="checkbox"/> Take as normal	<input checked="" type="checkbox"/> Take as normal
Blood Thinners (Eliquis, Plavix, Xarelto, Coumadin, Brilinta, Effient, etc.)	<input checked="" type="checkbox"/> You should have received guidance.	Call 984-974-5052 if you have no instructions.
GLP-1's (Trulicity, Ozempic, Mounjaro, Wegovy, Zepbound, etc.)	<input checked="" type="checkbox"/> Take as normal	<input checked="" type="checkbox"/> Take as normal

 **Tips:** If your medication does not appear on this list and is not included in one of these categories, it can be taken normally.

If you need to take any approved morning medications on the day of your procedure, do so with **water at least 2 hours before** your appointment.