

You are scheduled for an upper GI endoscopy (also called an EGD) at UNC Health Care. Please read the following information carefully.

What is an EGD?

An EGD is a test to examine the esophagus, stomach, and first part of the small intestine. Just before the procedure starts you will gargle with medicine to numb your throat. You will then be given medications to make you sleepy. The doctor will pass a flexible tube that has a small camera and headlight to see the inside of your esophagus, stomach, and small intestine on a TV monitor. The doctor can take biopsies of any abnormal areas. You will wake up shortly after the test. Most people do not remember having the procedure.

How to prepare for an EGD?

One week before the EGD:

- You should stop taking non-steroidal anti-inflammatory (NSAID) medications, such as ibuprofen, Motrin, Aleve, Advil, and Naproxen.
- You may continue to take aspirin if your doctor recommended you ordinarily take it. If no doctor has ever recommended aspirin then you should not take any aspirin starting 7 days before the procedure.
- If you take Plavix (Clopidigrel), Coumadin (Warfarin), or other blood thinning/anticoagulation medicines then you should discuss what to do with your doctor. Our prep nurse (984-974-5050) will help coordinate this.

One day before the EGD:

- If you have diabetes we recommend you take only one-half the dose of long acting insulin (e.g., Lantus) the night before the endoscopy.
- Do NOT have any solid food after 11:59PM the night before the EGD.

The day of the EGD:

- *What to eat:* you cannot eat any food, suck candy, or chew gum until after the endoscopy is over.
- *What to drink:* You may drink water, black coffee (without sugar, milk or cream), apple juice, soda pop, or club soda. Stop drinking these liquids at least 3 hours before the EGD. Also, if you are scheduled to have a colonoscopy at the same time as the EGD you should take your colonoscopy preparation as directed on the colonoscopy instruction form.



- *Medications:* do NOT take any medication for diabetes or diuretics (such as lasix/furosemide) You may take your other medications with a small amount of liquid up to four hours before the EGD.
- *What to bring:* please bring a list of your medications.
- **Arrive at least 60 minutes before your scheduled appointment.**
- If you choose to have the EGD performed with medication for sedation (most people) you must be accompanied by an adult who can drive you home after the test. **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.**
- You should expect to spend up to 4 hours in our procedures unit, longer if you are scheduled to have an additional test done on the same day.

After the EGD:

After the EGD is completed we will observe you in a recovery area for approximately 30 minutes. Before you leave, the doctor will explain the results of the exam, and also give you a report and instructions.

If you received sedative medications then the person who came with you must sign you out and drive you home. You cannot drive or go back to work for at least 12 hours.

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.

If you have any questions or need to reschedule your exam please call 984-974-5050. If you have an urgent question between 4:00PM -7:30 AM please page the GI fellow on call at 984-974-1000.