

Upper Endoscopy Prep

Your doctor will use a small camera to look inside your upper digestive tract - esophagus, stomach and small intestine. This is called an esophagogastroduodenoscopy or EGD. In order to see the inside, your stomach must be empty.

Please use this checklist to make sure you are ready for the procedure. If you do not, your procedure may be cancelled or have to be repeated. If you have questions, please contact your doctor's office.

Date of my EGD: _____ **Arrival time:** _____

Location of my EGD: _____

One week before my EGD:

I need to buy:

- Clear liquids. These are liquids that I can see through. Examples are water, clear broth, bouillon, clear sodas (7-Up[®], Sprite[®], ginger ale), apple juice, black coffee, tea, popsicles (no red, blue or purple), Jell-O (not red, blue or purple) and pulp free lemonade.
 - I will not be able to drink milk products, red, blue or purple colored liquids, orange juice or alcohol.

I need to tell my doctor about ALL the medicines I take.

Blood thinners such as Coumadin[®] (warfarin), Plavix[®] (clopidogrel), Xarelto[®] (rivaroxaban), Eliquis[®] (apixaban), Pletal[®] (cilostazol), Brillinta[®] (ticagrelor), Aggrenox[®] (ASA/dipyridamole), Effient[®] (prasugrel) or Savaysa[®] (edoxaban), full-strength Aspirin 325mg. Baby Aspirin (81 mg) is ok.

Diabetes medicines may need to be adjusted. I will tell my primary care doctor that I am having an EGD so they can change my doses, if needed.

Blood pressure medicines will continue as directed by my doctor. A nurse will tell me which medicines I can take on the day of the procedure.

Vitamins and dietary supplements will need to be stopped 5 days before my EGD. This includes herbal supplements and fish oil.

I need to arrange an adult to drive me to and from the procedure.

I will be given medicines to make me sleepy. I will not be able to drive or operate machines after the procedure. I will not be allowed to take a bus, taxi, Uber/Lyft, or walk home unless I am with an adult. My procedure will be cancelled if an adult is not with me.

My prep schedule:

5 days before the procedure:

- Stop taking iron pills, herbal medicines, supplements and vitamins.
- Stop taking NSAIDs (Motrin[®], Advil[®], ibuprofen, Excedrin[®], Aleve[®], Naprosyn[®], Celebrex[®], Toradol, etc.)

1 day before the procedure:

- I cannot eat any solid food or dairy products after 5pm.
- I will only drink clear liquids.
- I cannot use alcohol or marijuana. If I chew tobacco, I will stop using 8 hours before my procedure.

Morning of the procedure:

- A nurse will tell me which medicines I can take on the morning of the procedure.
- I can have sips of clear liquids until 4 hours before my EGD. All liquids must be done by _____.