

INSTRUCTIONS FOR EGD

You are scheduled to have an EGD on _____ at _____.
(date) (time)

What is an EGD (or Upper Endoscopy)?

An EGD is an examination that allows your doctor to examine the lining of the esophagus, stomach and duodenum (beginning of small intestine).

How do I prepare for the procedure?

- If you did not discuss instructions with your Primary Care Provider regarding **Coumadin (Warfarin), Dabigatran (Pradaxa), Aspirin 325mg, Ticlid (Ticlopidine), Plavix (Clopidogrel) or Enoxaparin (Lovenox)** please contact your Primary Care Provider for additional instructions.
- If you take **Iron (Ferrous Sulfate)** stop this **7 days** prior to the procedure.
- Starting **3 days before** the examination: Do not take **Motrin, Advil, Ibuprofen, Aleve or Naproxen**.

The day before the procedure:

- DO NOT eat or drink anything AFTER midnight.
- IF you take insulin, check your blood sugar four times throughout the day.
Take ½ your usual evening dose of insulin.

The day of the procedure:

- If you are diabetic, check your blood sugar before leaving home.
- IF you take insulin, hold your insulin until after the procedure.
- IF you take diabetic pills, hold them until after the procedure.
- Take your medications (except as listed above) with sips of water.
- Since you will not be able to drive after the test due to sedation, **YOU ARE REQUIRED TO COME WITH A RESPONSIBLE ADULT (DRIVER)**. He/She will need to sign you in and pick you up after the procedure at the GI Endoscopy Unit, or **YOUR PROCEDURE WILL BE CANCELLED**.
- Report to Bldg. 62, 4th Floor, GI Endoscopy.

What happens during the procedure?

- If you have dentures, you will remove them.
- Your throat/gag reflex will be numbed.
- A nurse will give you medicine through an IV to relax you and make you sleepy.
- Your doctor may take a biopsy. This does not cause any pain or discomfort.

What happens after the procedure?

- You will be taken to a "recovery room" where you will remain a minimum of 30 minutes until you are awake and your vital signs are stable.
- Do not drive, use heavy equipment, or make important decisions for 24 hours after this procedure.

What if I have a problem after the procedure?

- If you have bad stomach pain, fever or bleeding: Call between 8:00 AM to 4:00 PM the GI Endoscopy Unit at (925) 373-4700 x35325. From 4:00 PM to 8:00AM, call (925) 373-4700 and ask the VA operator to page the GI doctor on call. If you are unable to connect with the GI doctor please call the Telephone Care Program at 1-800-455-0057 for further assistance.

If you need to cancel or reschedule your appointment, please call (925) 373-4700 x35015.