

How to prepare for your Esophagogastroduodenoscopy (EGD)

What is an EGD (or Upper Endoscopy)?

An Esophagogastroduodenoscopy (EGD) is a test that allows your doctor to look at the lining of the esophagus (throat), stomach and duodenum (beginning of small intestine).

What is Moderate Sedation?

Moderate sedation, or conscious sedation, is a way drugs are used during your procedure. These drugs help you feel relaxed and calm. Medicines used for sedation are midazolam, fentanyl, and Benadryl. These drugs are given to you intravenously (through an IV). If you choose to receive sedation you must bring a driver. He/she will sign you in and sign you out after the procedure. **You cannot drive after receiving these medications.**

You are scheduled to have an EGD on:

Your appointment is scheduled for: Date: _____ Time: _____

Check-In Location:

Palo Alto: Building 100, 1st floor,
Clinic Area B - Front Desk
3801 Miranda Ave
Palo Alto, CA 94304

Please follow these guidelines carefully. **If you prepared the wrong way, we may have to reschedule your procedure.**



Seven Days Before Your Procedure

- If you take Iron (Ferrous Sulfate): **STOP 7** days before your procedure
- If you take **Warfarin (Coumadin)** contact your **ANTICOAGULATION CLINIC IMMEDIATELY** for additional instructions about possibly stopping your warfarin before the procedure.
- If you are taking any of the following blood thinners contact: (650) 493-5000 Ext: 68971, 63739, or 68973 for further instructions regarding the need to stop the medicines before the procedure.

Blood Thinner Examples

- Dabigatran (Pradaxa)
- Rivaroxaban (Xarelto)
- Apixaban (Eliquis)
- Aspirin 325mg
- Ticlopidine (Ticlid)
- Clopidogrel (Plavix)
- Anagrelide (Agrylin)
- Cilostazol (Pletal)
- Dipyridamole (Persantine)
- Prasugrel (Effient)
- Ticagrelor (Brilinta)
- Vorapaxar (Zontivity)
- Edoxaban (Savaysa)

Three Days Before the Procedure



- If you take Motrin, Advil, Aleve, Ibuprofen, Naproxen, Diclofenac, or other NSAID's: **STOP 3** days before your procedure.

One Day Before the Procedure



- If you take pills for diabetes, check your blood sugar and take your pills.
- If you take Insulin, check your blood sugar and take only ½ of your usual evening dose.

Day of procedure

No FOOD or LIQUIDS after Midnight

- If you take any **blood pressure, pain, and heart medications**, take only with a sip of water, a minimum of two hours before your procedure.
- **If you are diabetic, check your blood sugar and hold your morning dose of pills or insulin until after the procedure.**

At the Procedure:

- You must come with a responsible adult to receive **sedation**.
 - **Please note:** If you come without a responsible adult to drive, your procedure will be cancelled OR you can choose to undergo the procedure **without sedation**
 - **Please note:** Drivers of taxis, shuttles, buses, Navarre, Redi-Wheels, Uber, Lyft and Outreach are **NOT** acceptable as your responsible adult.
- Plan to be in GI Endoscopy for 3 to 4 hours; tell your responsible adult of the wait time.

Responsible Adult/Driver Duties:

- Responsible adult will escort you to and from your clinic visit.
- Responsible adult will drive you home or escort you home on a bus or shuttle.
- The responsible adult will need to **physically:**

- **Sign you in** at Clinic Area B and **sign you out** at the GI Procedure area.
- Patients who receive sedation are not allowed to drive after the procedure
- **Please note:** if you are requesting Defender's Lodge after your procedure, per Defender's Lodge policy, your responsible adult is required to **stay with you** overnight if you receive moderate sedation for your procedure.

What happens after the procedure?

- You will be taken to a recovery room. You will remain there at least 30 minutes until you are awake, and your vital signs are stable.
- **Do not drive, use heavy equipment, drink alcohol, or make important decisions for 24 hours after this procedure.**

What if I have a problem after the procedure?

If you have severe stomach pain, fever, or bleeding:

- Call the GI Endoscopy Unit at (650) 493-5000 ext. 64841 (Palo Alto) between 8:00a.m. to 6:00p.m.
- From 6:00p.m. to 8:00a.m., call (650) 493-5000, Option 0, 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.

VA



U.S. Department of Veterans Affairs

Veterans Health Administration
VA Palo Alto Health Care System

VA Palo Alto Health Care System
3801 Miranda Avenue, Palo Alto, CA 94304
(650) 493-5000 • www.paloalto.va.gov