

# ENDOSCOPY (EGD) INSTRUCTIONS

You have been scheduled for an examination of the upper gastrointestinal tract (esophagus, stomach, and a small part of the small intestine). This is done by looking at the lining of the esophagus, stomach and intestine with a lighted tube. The tube is thinner than most foods that you swallow.

## BLOOD THINNERS

- 5 Days prior to your exam stop taking Plavix (Clopidogrel), Coumadin (Warfarin), Brilinta (Ticagrelor) and Effient (Prasugrel)
- 2 Days prior to your exam stop taking Pradaxa (Dabigatran), Xarelto (Rivaroxaban), and Eliquis (Apixaban)
- Please check with your prescribing physician about stopping these medications

## DIABETIC/WEIGHT LOSS MEDICATION

- If taking Ozempic, Mounjaro, Trulicity, Victoza or other GLP1 agonists
  - Injections - do not take a week prior to procedure
  - Oral - stop taking the day before procedure
- If taking Ozempic, Mounjaro, Trulicity, Victoza or other GLP1 agonist you must have **NO SOLID FOOD AT LEAST 12 HOURS** for ALL PROCEDURES
- If you are taking the above or insulin for diabetes management, contact your prescribing physician on how to manage your medications prior to the colonoscopy.

## 1 DAY PRIOR TO YOUR PROCEDURE:

- You may eat a regular dinner, but stop eating solid foods after 7:00 pm. No solid foods until **AFTER** the procedure. Stay hydrated!
- You may continue to drink **CLEAR** liquids. This means liquids you can see through such as water, clear broth soups, Jell-O, apple juice, coffee (**NO CREAMER**), tea, sports drinks, clear sodas and popsicles (no chunks). **DO NOT** drink milk or pulp products. Avoid anything with red/purple liquids/dyes.

## THE DAY OF YOUR PROCEDURE:

- **Remember not to have any food until after your procedure!**
- You may have only clear liquids up until **3 HOURS PRIOR** to your procedure start time, then **STOP ALL LIQUIDS**. We must insist on this “nothing by mouth” time for patient safety, your stomach must be completely empty at the time of the procedure.
- If you have diabetes, test your blood sugar before coming in for your exam and bring the reading with you. Hold all short-acting insulin (such as Humalog, Novalog, Apidra, etc) the day of procedure. If you are unsure of your insulin medication, consult your primary care provider/prescribing physician to advise you how to manage these medications.
- You may take your usual medications (except blood thinners and weight loss medications). Any medications taken the day of your procedure may be taken with a small sip of water, **AT LEAST 4 HOURS PRIOR TO YOUR PROCEDURE START TIME**.

**CONTINUED ON NEXT PAGE**

## OTHER INFORMATION

- You must have someone available to drive you home after your procedure. If you are planning to take a taxi home, then your stay may be slightly extended. By law, **you cannot drive the rest of the day of the procedure.**
- You may receive up to 4 separate bills: 1-facility, 2-physician, 3-pathology, and 4-anesthesia.
- Wear comfortable clothing. Bring your glasses, hearing aids, inhaler and insurance cards. Avoid bringing valuables. We will expect payment of co-pays, co-insurance, and deductibles at the time of service.
- If you must cancel or reschedule your procedure, then you must give notice 3 full business days in advance. Failure to do so will result in a \$100 cancellation fee.
- Additional questions regarding your insurance should be addressed to your insurance provider.
- Additional information is available on our website: [www.utahendocenter.com](http://www.utahendocenter.com)

The morning of the test you will have your blood pressure and pulse checked. Then you will be asked to lie down on the examination table. A small IV catheter will be put into a vein in your arm or hand so that medicine to relax you can be given. The medicine that is usually given is Propofol. The examination takes 5-15 minutes. If abnormalities are seen, samples or removal of tissue can be taken through the tube. These biopsies are not painful and will be sent to the laboratory for examination. These results will be sent to you within 6-10 days of your procedure. Most patients are awake enough to leave within 30 minutes; however, for safety reasons **you cannot drive** or operate machinery for 12 hours as the full effect of the medicine wears off slowly. Before you leave, a report will be given to you explaining the procedure.

Any questions you have about this examination or its possible complications should be discussed with the doctor before the exam begins.

**St. George Endoscopy Center**

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