

## Upper GI Endoscopy Preparation (Afternoon Procedure)

Upper GI endoscopy, sometimes called EGD (esophagogastroduodenoscopy), is a visual examination of the upper intestinal tract using a lighted, flexible fiber optic endoscope. You are mildly sedated for this procedure. The endoscope is gently inserted through your mouth into the upper esophagus (food tube). Then, the endoscope is passed into the stomach and duodenum, or first portion of the small intestine.



### **5 Days Before Procedure:**

1. Do not take any aspirin or ibuprofen products. Tylenol (acetaminophen) is allowed.
2. Do not consume any foods that contain seeds or nuts. These foods take longer to pass through the bowel and should be avoided.
3. **If you are taking anticoagulants or blood thinners such as Coumadin, Persantine (dipyridamole), Ticlid (ticlopidine), Plavix, Aggrenox, Pletal or aspirin regularly, please discuss this with your physician. It is important that these medications are discontinued prior to your procedure.**



### **The Day Before Procedure:**

1. Do not eat or drink anything after midnight the night before your procedure.



### **On the Day of the Procedure:**

1. Take any currently prescribed heart or blood pressure medications with a sip of water by **6:00 AM**.
2. If you are diabetic: Do not take your diabetic medication (pills or insulin) the morning of your procedure. If you normally monitor your blood sugars at home, please check your blood sugar the morning of your procedure.

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### **On the Day of the Procedure Continued:**

If your blood sugar is over 150 or below 90, please contact the West Shore Endoscopy Center at (717) 975-2430. An anesthesia specialist will provide you with further instructions.

3. Do not have anything to eat. You may have clear liquids until **7:00 AM**.
4. Please report to your appointment. Do not wear make-up, nail polish, dentures, contact lenses or jewelry. You may wear a wedding band. NOTE: The procedure will last about one and one-half to two hours.
5. A driver must come with you in order to drive you home after the procedure. You will be sedated for your upper endoscopy and will be sleepy for several hours after the procedure. You may not drive or work for 12 hours after the procedure.