



## Upper Endoscopy/EGD Preparation

### Procedure:

Date – \_\_\_\_\_

Arrival Time – \_\_\_\_\_

**No food or drink, except clear liquids, after midnight. Stop clear liquids 2 hours prior to arrival.**

**This includes WATER, TOBACCO, MINTS, GUM. Any consumption will result in a delay or cancellation of your procedure.**

**You must have a driver bring you to the procedure, remain on the premises throughout the procedure and drive you home. Failure to do so will result in delay or cancellation of your procedure.**

Location –	<b>NE Digestive Vinehaven</b> 1070 Vinehaven Dr NE Concord, NC 28025	<b>NE Digestive Poplar Tent</b> 9965 Poplar Tent Rd Concord, NC 28027	<b>Gateway Surgery Center</b> 1025 NE Gateway Ct NE Concord, NC 28025	<b>Atrium Cabarrus Hospital</b> 200 Medical Park Drive Concord, NC 28025
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\*If your procedure is scheduled at Gateway Surgery Center, please call (704) 920-7049 between 2pm-4pm one business day prior to your procedure for your arrival time and time to drink your second preparation.

Physician – \_\_\_\_\_

### Information and Instructions for an EGD (Esophagogastroduodenoscopy):

You have been scheduled for an Upper Endoscopy or EGD. This is a procedure to examine the esophagus, stomach, and duodenum (first portion of the small intestine) using a flexible instrument called an endoscope.

Upon arrival, you will be taken to a pre-procedure holding area. You will be asked to sign a consent form and answer some questions about your health history and current condition. An intravenous catheter will be placed in your arm.

You will then be taken to a procedure room for the examination. You will be asked to lie on your left side for the procedure. Sedation will be given via the intravenous catheter. You may be given topical anesthetic spray to the back of your throat. The procedure itself usually lasts about 10 minutes. Your recovery time is about 30 minutes.

The physician will talk to you and your driver after the procedure. Due to the sedative you have been given you may not recollect this later so, written instructions will also be given to you regarding the results, your diet and activity for the remainder of the day.

Do not plan to drive, work, operate machinery, or make important decisions the rest of that day.

### Day of Your Procedure:

No food or drink, except clear liquids, after midnight. Stop clear liquids 2 hours prior to arrival. Any consumption will result in a delay or cancellation of your procedure.

Do not use denture adhesive before your procedure as you may be asked to remove them before the exam. If you are diabetic, on the morning of your procedure you should hold all diabetes medication.

The morning of your procedure you may take medication for: High Blood Pressure, Heart Conditions, Asthma/Lung Conditions, Seizures, Thyroid Conditions. \*Please take these with just a small sip of water.

If you take **Pradaxa, Xarelto or Eliquis**, please hold for 2 days prior to your procedure.

If you take **Iron**, please hold for 3 days prior to your procedure. \*This does not include Multivitamins with Iron.

If you take **Plavix or Coumadin**, please hold for 5 days prior to your procedure.

If you have **Effient**, please hold for 7 days prior to your procedure.

You do not have to hold Aspirin.