

EGD Prep Instructions

You have been scheduled for an Upper GI endoscopy, sometimes called an EGD (esophagogastroduodenoscopy). This is a visual examination of the upper intestinal tract using a lighted, flexible fiber-optic or video endoscope. Please follow these preparation instructions carefully, and do not hesitate to call our office with questions or concerns.

A RESPONSIBLE DRIVER MUST REMAIN AT THE FACILITY THROUGHOUT YOUR APPOINTMENT. NO EXCEPTIONS.

Please read all instructions thoroughly.

The Night BEFORE Your Exam:

- Stop eating all solid food at **Midnight (12AM)** the night before your exam.
- You may drink **CLEAR** liquids up until **4 hours** before you arrive.
- Clear liquids include water, sports drinks, black coffee, tea, any soda (light or dark), broth, gelatin dessert, ice pops and juices without pulp.
- **NOTHING BY MOUTH FOR 4 HOURS BEFORE YOU ARRIVE! (This includes water, gum and mints.)**



Medications:

- Take your regularly scheduled blood pressure, heart and seizure medications with a sip of water at least two (2) hours before you arrive.



Diabetics:

- Test your blood sugar before coming in for your procedure, and bring the reading with you.
- If you take oral medication or insulin, **DO NOT** take it the morning of your procedure.
- Bring your insulin with you.
- Please contact the physician who manages your diabetic care if you have any questions regarding your oral medication or insulin dosages.



Blood Thinners:

- If you are taking blood thinners (such as Coumadin, Warfarin or Plavix), call your prescribing physician, and ask if you may stop taking it 3 to 7 days prior to your procedure if you have not received instructions.
- If a biopsy needs to be taken during your procedure and you **HAVE NOT** discontinued for 3 to 7 days, the procedure may have to be repeated.
- You may continue taking aspirin, ibuprofen and other anti-inflammatory medications.



Bring with you:

- Completed paperwork forms that were sent to you
- Photo ID and Insurance Card
- List of all medications, vitamins and supplements you are taking (include dosage, and last date and time each medication was taken before your arrival)
- Wear a short-sleeve shirt.

Arrive at the Shreveport Endoscopy Center at your scheduled time. It is not necessary to arrive early. Please call us if you have any questions regarding your preparation.