

Upper Endoscopy (EGD) Procedure Instruction Booklet



HEALTH CENTER

115 Vivian Street

PO Box I

Park River, ND 58270

701-284-7500

This pamphlet has been written to help you prepare for your upper endoscopy (EGD). Please read it carefully. If you have any further questions, please call your provider or nurse at:

First Care Rural Health Clinic

701-284-7555

Surgical Services

701-284-4562

First Care Health Center

701-284-7500

Thank you for your support of our facility, and allowing First Care Health Center staff to meet your health care needs

Additional instructions:

Rev. 12/9/24

You have been scheduled to have a upper endoscopy (EGD) on:

Date: _____

Time: **Our staff will call you 1-2 days prior to your procedure with the time**

Provider: _____

Location: **First Care Health Center, Park River, ND**

This pamphlet has been written to help you prepare for your procedure. Please read it carefully.

Upper Endoscopy (EGD)

An EGD is a non-surgical examination of the lining of the upper part of your gastrointestinal tract using a thin flexible scope. An EGD is commonly used to for detection of cancer and to evaluate and diagnose other medical problems of the upper part of the gastrointestinal tract.

Risks or complications

It is your right to be informed of the risks and/or possible complications before your EGD.

Risks and complications may include:

- Perforation or tear in the esophagus, stomach or duodenal wall which would require surgery.
- Bleeding at the site of biopsy; this is usually minor and stops on its own, or can be controlled through the scope.
- Reactions to the medications used.
- Localized irritation of the vein where the IV was started and medications were given for sedation. This may last for several days but will go away. Applying moist hot towels will help relieve any discomfort.

Although complications are rare, it is important for you to recognize signs of any possible complications. Contact the facility where your EGD was performed, your primary care physician, or the nearest emergency room, if you notice any of the following after your procedure:

- Chest pain
- Shortness of breath
- Fever, chills
- Vomiting of blood
- Blood in your stools or “black” stools.

Diabetic / Weight Loss Medications

Patient should not take day of prep or day of procedure:

Oral diabetic medications

Insulin

No insulin the day of the procedure, hold until after the exam.

Stop 5 days before your procedure:

Metformin or any medication that contains metformin

Avandamet, Glucophage, Metaglip (Glipizide/Metformin), Glucovance (Glyburide/Metformin), Janumet, Glumetza, Fortamet, Xigduo, Actos plus

Please increase your water intake for those 5 days to clear this medication from your system.

Stop 14 days before your procedure:

Any GLP-1 diabetic medications for weight loss, such as Ozempic, Wegovy, Semaglutide, Mounjaro, Trulicity, Zepbound, etc.

Anticoagulants (blood thinners)

Stop 1-4 days before your procedure: Talk with your provider to confirm when to stop these medications.

Aggrenox, Eliquis, Xarelto

Stop 2 days before your procedure:

Pletal

Stop 5 days before your procedure:

Coumadin/Warfarin, Pradaxa, Brilinta

Notify your primary care provider so they are aware that you will be holding Coumadin/Warfarin, Pradaxa, Brilinta. If your primary care provider feels that you need this medication, please have your primary care provider call the Surgical Dept.

Stop 7 days before your procedure:

Plavix, Effient

Stop 10 days before your procedure:

Aspirin

Stop 14 days before your procedure:

Ticlid

Hold Iron 3 days prior to prep or any other constipating medication.

EGD Prep

Procedure Date: _____

2 days before your procedure

Date: _____

- Increase your water intake

1 day before your procedure

Date: _____

- You can eat your meals throughout the day but keep supper light
 - ◇ **NO RED OR PURPLE PRODUCTS**
 - ◇ **NO MILK PRODUCTS**
- After supper, drink clear liquids only until midnight
- **Do not drink anything else after midnight**

Day of your procedure

Date: _____

- Do not eat or drink anything
- Take only your blood pressure, heart medication, or seizure medications with a sip of water. Please bring any asthma inhalers with you.
- If you do not feel well and/or have a fever, please call your doctor so he/she can decide if it is safe to continue with your procedure.

Medications for EGD

These are the standard orders for specific medications that the provider has ordered to be held pre-procedure. You will receive orders the day of the procedure when to restart medications that are on hold.

Your Responsibilities prior to your endoscopy.

1. **Physical Exam:** You will need to have a physical exam/pre-op exam within 30 days before your EGD. Please call and make an appointment with your primary care physician if you have not had this exam.
2. **Preauthorization:** Some insurance companies require preauthorization prior to this procedure. You should contact your insurance provider if you have any questions concerning your insurance. The phone number is on your insurance card.
3. **Risks and benefits:** Prior to scheduling, discuss the risks and benefits of this recommended procedure with your primary care physician.
4. **Medication:** You **MAY** need to stop some of your medications several days prior to your EGD.
5. **Prep:** Starting 2 days prior to your EGD, you will need to start your prep. (Refer to the EGD Prep section.)
6. **Pregnancy test:** If you are female, 60 years old or younger and have not had a hysterectomy, you will be asked to give a urine sample for a pregnancy test. You will need to come in for the lab test 1-2 days prior to your procedure. If your procedure is on Tuesday, you will have to have a test on Monday. If your procedure is on Wednesday, you will have to test on either Monday or Tuesday. The nurse will call you with the results prior to your procedure. Medications used for sedation during this procedure can be harmful to the fetus. **If you refuse this test, your procedure will be cancelled.**

How to plan for your EGD

An EGD is performed on an outpatient basis; this means that you will go home the same day of your procedure. Due to the sedation medication used for the procedure, we require that you have someone available to give you a ride home. **If you do not have a driver, your procedure may be rescheduled.** It is also advised that you do not work or drive a car or heavy machinery and that you have a responsible adult with you for the rest of the day. **Plan to be at our facility for 4-8 hours on the day of your procedure.**

You will be more comfortable wearing loose-fitting clothing and please leave all your valuables and jewelry at home. Please follow the EGD prep according to the instructions given to you.

The day of your EGD

You will be scheduled to arrive 1 hour prior to your procedure. Your time of arrival will be given to you during the pre-call by the nurse 1-2 days prior to your procedure.

Your arrival time may also be seen on MyChart. **Note: This time may be changed.**

We will ask for the name and contact information of your driver at this time. **Again, if you do not have a driver, your procedure may be rescheduled.**

The procedure

- You will be asked to change into a hospital gown.
- The nurse will ask you several medical questions.
- An IV will be inserted so fluids and medications can be given throughout the procedure.
- During the procedure, you will be asked to lie on your left side.
- You will be asked to swallow a numbing medication that will assist the scope during the procedure.
- The doctor will insert the scope into your mouth as you are swallowing. He will gently guide the scope. The scope is thinner than most foods you swallow.
- Air will be inserted to inflate the esophagus and stomach as the scope is inserted. This may cause belching/burping.
- If during the procedure, any inflammation, irregularity, or growth is discovered, the doctor may remove or take biopsies. You shouldn't feel any discomfort from this.

After the procedure

- You will be taken back to the pre-procedure room where you will relax.
- A nurse will monitor your vital signs and give you something to eat and drink.
- We will have you rest until your vital signs are stable and you feel well enough to go home. This is about 1 hour.
- **Both you and your driver will be given your discharge instructions.**
- If anything was removed during the procedure, your results will be discussed with you at either a follow-up appointment or a phone call.