

# Upper endoscopy (EGD)

## prep instructions



You have been recommended and scheduled to have an upper gastrointestinal endoscopy (esophagogastroduodenoscopy or EGD). This exam will help to detect and/or treat a problem in your upper gastrointestinal tract. This procedure is done using a long, flexible tube called an endoscope. This tube has a small light and a camera on one end. After sedation is given, the tube is placed into your mouth. It will slowly be moved into your esophagus and stomach. Finally it will be move into the first part of your small bowel called the duodenum. The pictures from the camera can be seen on a monitor. If needed, small tools may be placed into the endoscope. This will be done to:

- take tissue samples for a biopsy,
- remove things such as food that may be stuck in the upper GI tract,
- stop bleeding, or
- open (dilate) a narrowed area.

### What to do before you have an Upper Endoscopy (EGD)

To help you prepare for an EGD, please watch the Emmi video, Upper GI Endoscopy, that has been ordered for you. Additionally, the most important aspects of preparing for your EGD are to change your diet and to closely follow the instructions on the following pages. If you have diabetes, please review the Diabetes Medication Guide for Upper Endoscopy (EDG), on the back page.

WHEN	WHAT YOU NEED TO DO	DETAILS
<b>At least 7 days before your procedure</b>	<ul style="list-style-type: none"> <li>You will receive a reminder about your upcoming appointment</li> <li>Arrange for responsible adult to drive you home as you may not drive home yourself after the procedure. You may not take public transportation, taxi or walk home alone or without a chaperon.</li> <li>If you are taking Coumadin (Warfarin), please talk directly with the Coumadin Clinic at least 7 days before your EGD.</li> </ul>	<ul style="list-style-type: none"> <li>Please confirm appointment and contact us right away if you are unable to keep your appointment.</li> <li>Since you will have sedation for your procedure, you should not drive until the day after your procedure.</li> <li>Your must have a driver present with you upon checking in for your procedure or you will not be admitted and the procedure will be rescheduled. Your driver must remain in the unit during your entire visit so that they are available as soon as you are ready to be discharged.</li> <li>The Coumadin clinic will advise you on how and when to stop your Coumadin and if an alternative blood thinning medicine is required.</li> </ul>
<b>5 Days before your procedure</b>		
	<ul style="list-style-type: none"> <li>If you are taking Plavix (Clopidogrel), stop 5 days prior to your EGD if advised by your doctor.</li> </ul>	<ul style="list-style-type: none"> <li>If you take aspirin or other NSAIDs such as ibuprofen (Advil, Motrin, Celebrex) you may continue to take as usual. Tylenol does not need to be stopped.</li> </ul>
<b>2 Days before your procedure</b>		
	<ul style="list-style-type: none"> <li>If you are taking Pradaxa, stop 48 hours before your EGD if advised by your doctor.</li> </ul>	
<b>1 Day before your procedure</b>		
	<ul style="list-style-type: none"> <li>You may eat a normal diet the day before your procedure.</li> </ul>	

WHEN	WHAT YOU NEED TO DO	DETAILS
<b>Day of your procedure</b>		
	<ul style="list-style-type: none"> <li>• Take all prescribed medicines as usual with a small sip of water.</li> <li>• Do not apply any lotions or creams to your chest or abdomen</li> <li>• Check in at your scheduled arrival time with your driver.</li> <li>• You will be asked to review and sign a consent form on the day of the procedure that gives your doctor permission to perform your EGD. Please read this form carefully and ask questions if anything is not clear.</li> </ul>	<ul style="list-style-type: none"> <li>• Continue ALL blood pressure medicines.</li> <li>• Do NOT take any blood thinners (Coumadin, Plavix, Pradaxa).</li> <li>• Ok to continue with aspirin.</li> <li>• You will not be admitted without a driver present upon check in. Most EGD's take about 20 minutes to perform. You and your driver should plan to be in our endoscopy suite for about 2 hours.</li> </ul>
<b>If your EGD is scheduled in the morning</b>	<ul style="list-style-type: none"> <li>• <b>You may not eat any solid food after midnight</b></li> <li>• You can take your morning medications with a small sip of water but may not have anything to drink <b>within 2 hours of your arrival time.</b></li> </ul>	
<b>If your EGD is scheduled in the afternoon (after 1pm)</b>	<ul style="list-style-type: none"> <li>• You may not eat <b>any solid food.</b> You may have only clear liquids early in the morning but you may not have anything to drink <b>within 2 hours of your arrival time.</b></li> </ul>	

### More information

For questions, or to cancel your appointment call the phone number found under the location for your procedure. If calling after hours, call the Nurse Advice Line.

### After hours

- Nurse's Advice Line  
**(703) 359-7878**

### Procedure locations

**Caton Hill Medical Center**  
13285 Minnieville Road  
Woodbridge, VA 2219  
**(703) 237-4084**

**Falls Church Medical Center**  
201 North Washington Street  
Lower level  
Falls Church, VA 22046  
**(703) 237-4084**

**Shady Grove Medical Center**  
1396 Piccard Drive  
2nd Floor  
Rockville, MD 20850  
**(301) 548-5752**

**Capitol Hill Medical Center**  
700 2nd Street NE  
6th Floor, Suite 605  
Washington DC 20002  
**(202) 346-3592**

**Largo Medical Center**  
1221 Mercantile Lane  
2nd Floor, Suite 202  
Upper Marlboro, MD 20774  
(301) 618-5609

**South Baltimore Medical Center**  
1701 Twin Springs Road  
2nd Floor  
Halethorpe MD 21227  
**(410) 737-5381**

# Diabetes Medication Guide (insulin/tablets) for upper endoscopy (EGD) prep

Check your blood sugar often. When you are fasting, your blood sugar may drop faster than normal. If you have symptoms of low blood sugar, treat with sugar or glucose tablets and call the Advice nurse at **(703) 359-7878**.

**Type 1 Diabetics and diabetics with insulin pumps – STOP: Contact your Endocrinologist for further instructions**

**Type 2 Diabetics – Follow the diabetes medication guide below as you prepare for your upper endoscopy.**

IF YOU TAKE:	MORNING	LUNCH/DINNER TIME
TWO DAYS BEFORE YOUR UPPER ENDOSCOPY		
Oral diabetes medicines	<ul style="list-style-type: none"><li>Forxiga, Jardiance, Steglatro, Xigduo, Jardiamet, Glyxambi, Qtern 5, Qtern 10, Segluromet, or Steglujan: <b>stop these medication 2 days before the endoscopy.</b></li></ul>	<ul style="list-style-type: none"><li>Forxiga, Jardiance, Steglatro, Xigduo, Jardiamet, Glyxambi, Qtern 5, Qtern 10, Segluromet, or Steglujan: <b>stop these medication 2 days before the endoscopy.</b></li></ul>
THE DAY BEFORE YOUR UPPER ENDOSCOPY		
Oral diabetes medicines	<ul style="list-style-type: none"><li>Take your usual dose</li></ul>	<ul style="list-style-type: none"><li>Actos, Actoplus Met, Avandia, Avandamet, Byetta, Farxiga, Metformin (Glucophage), Invokana,Januvia, Janumet, Nesina, Onglyza, Tradjenta: Take your usual dose</li><li>Glipizide, Prandin: Take ½ your usual dose</li></ul>
Long acting insulin: Lantus, Levemir, Toujeo, Tresiba		<ul style="list-style-type: none"><li>Take ½ your usual dose</li></ul>
Intermediate acting insulin: NPH, Humulin N, Novolin N		<ul style="list-style-type: none"><li>Take your usual dose</li></ul>
Rapid/short acting insulin: Humalog, Novolog, Regular, Novolin R		
Premixed insulin: Humulin 70/30, Novolin 70/30, Novolog 70/30, Humulin 50/50, Humalog 75/25		
THE DAY OF YOUR UPPER ENDOSCOPY		
If your upper endoscopy is in the morning		
<ul style="list-style-type: none"><li>All oral diabetes medicines</li><li>Insulin</li></ul>	<ul style="list-style-type: none"><li>DO NOT TAKE</li></ul>	<ul style="list-style-type: none"><li>After the procedure, eat and take your usual dose.</li></ul>
If your upper endoscopy is in the afternoon		
Oral diabetes medicines	<ul style="list-style-type: none"><li>DO NOT TAKE</li></ul>	<ul style="list-style-type: none"><li>After the procedure, eat and take your usual dose.</li></ul>
<ul style="list-style-type: none"><li>Long acting insulin: Lantus, Levemir, Toujeo, Tresiba</li><li>Intermediate acting insulin: NPH, Humulin N, Novolin N</li></ul>	<ul style="list-style-type: none"><li>If blood sugar is over 100: take ½ usual dose</li><li>If blood sugar is under 100: DO NOT TAKE</li></ul>	
Rapid/short acting insulin: Humalog, Novolog, Regular, Novolin R	<ul style="list-style-type: none"><li>DO NOT TAKE</li></ul>	
Premixed insulin: Humulin 70/30, Novolin 70/30, Novolog 70/30, Humulin 50/50, Humalog 75/25	<ul style="list-style-type: none"><li>If blood sugar is over 100: take ½ usual dose</li><li>If blood sugar is under 100: DO NOT TAKE</li></ul>	

## HEALTH ENGAGEMENT

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