

Upper Endoscopy (EGD) Instructions



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IMPORTANT: please read this page carefully at least one week before your scheduled appointment. Otherwise your procedure may be canceled.

If you have any questions for the GI Nurse you may call (650) 299–2256 or (650) 299–2718. If you need to cancel this appointment please call (650) 299–2537 at least one week prior to your appointment so we may offer this appointment time to another member.

- PLAVIX (clopidogrel). If you take Plavix, please contact your cardiologist to ask if you should hold this medication for ONE WEEK before your procedure.
- ONE WEEK prior to your procedure please pick up your medication at your preferred Kaiser Permanente pharmacy.
- ONE WEEK prior to your procedure, if you need something for pain you may take Tylenol only (stop taking Aspirin, Advil, Aleve, Ibuprofen, Motrin, Aggrenox, Diclofenac, Etodolac, Excedrin, Indocin, Medipren, Meloxicam, Naprosyn, Nupren, Relafen (Nabumetone) and Alka–Seltzer. Morphine products are OK.
- DIABETIC patients
Remember to check your sugars the morning of your procedure!
If you are having an upper endoscopy: The day of your procedure, do not take any of your diabetes medications.
If you are having a colonoscopy:
 - Hold all ORAL diabetes medications the day before and the day of the procedure
 - If you take insulin, take ONE HALF of your NPH (or long acting insulin) the morning of the day before the procedure. Check your sugars and take the Regular (or short acting) insulin per sliding scale the day before procedure. Do not take any insulin on the day of the procedure!
- Continue all medications unless instructed otherwise.
- Please register 15 minutes early in the Cypress Building, 1st Floor, then proceed to Station D on the 2nd Floor. Consider parking time. Please bring your Kaiser Permanente card.

Procedure instructions

- AM APPOINTMENT: Do not eat or drink after midnight the night before your procedure.
- PM APPOINTMENT: Do not eat after midnight, but you can clear liquids only from midnight until 6 hours prior to your appointment.

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You cannot drive yourself home

You will be sedated for this procedure and will remain drowsy for the remainder of the day. A responsible adult must drive you home. A taxicab is ONLY allowed if you have another responsible person with you other than the driver. For your own safety, unless a relative or friend is present to drive you home, your procedure will be cancelled and rescheduled.

If you have further questions regarding this procedure, please call (650) 299–2256.