

Instructions for Upper Endoscopy (EGD)

Please Read All Instructions Carefully

REPORT TO

Spalding Triangle Surgery Center • 120 S Spalding Dr. #120, Beverly Hills, CA 90210

Date:

Arrival Time:

About Your Upper Endoscopy (EGD)

An upper GI endoscopy, or EGD (EsophagoGastroDuodenoscopy), is a procedure to diagnose and treat problems in your upper GI (gastrointestinal) tract — which includes your food pipe (esophagus), stomach, and the first part of your small intestine (the duodenum).

You will be given sedation (medication through an IV) for the procedure, so you'll be relaxed and comfortable and won't be awake or feel anything during the exam.

This procedure is done using a long, flexible tube called an endoscope, which has a tiny light and video camera on one end. Once you're sedated, the tube is gently guided through your mouth and throat, down your esophagus and stomach, and into your duodenum, with video images from the tube displayed on a monitor in real time.

Small tools may also be passed through the endoscope. These can be used to:

- Take tissue samples for a biopsy
- Remove things such as food that may be stuck in the upper GI tract
- Inject air or fluid
- Stop bleeding
- Perform procedures such as endoscopic surgery, laser therapy, or opening (dilating) a narrowed area

Instructions

7 Days Before Your Procedure

• **If you take a GLP-1 medication** (Ozempic, Wegovy, Mounjaro, Zepbound, Trulicity, Victoza, or similar), stop it at least 7 days before your procedure. These medications slow stomach emptying, which can leave food in the stomach and interfere with the exam or increase the risk of complications during sedation. Contact our office if you have questions about adjusting your dosing schedule around your procedure.

If you are taking any blood-thinning medications (such as Coumadin/Warfarin, Xarelto, Eliquis, Pradaxa, or Plavix), please consult Dr. Sikavi prior to the procedure to determine whether the medication needs to be stopped beforehand.

The Evening Before Your Procedure

- **Do not eat anything after midnight** the evening before your procedure.
- **Take your usually prescribed medications** on the evening before your procedure.

The Morning of Your Procedure

- **Take your usually prescribed medications** with a small sip of water at least 2 hours before your scheduled procedure time. If you have diabetes and take insulin, please discuss with Dr. Sikavi what you should do with your insulin dosing on the day of the exam.
- **Do not drink anything — including water — within 2 hours of** your scheduled procedure time, to avoid delays or cancellation.
- **Arrive at Spalding Triangle Surgery Center 1 hour** before your scheduled procedure time.

After the Procedure

- After the procedure is completed, you'll remain in the recovery area for about 30–45 minutes.
- Dr. Sikavi will discuss the preliminary findings with you, along with any further instructions or recommendations.
- Any biopsies taken will be reviewed by a pathologist, a physician who specializes in evaluating these specimens. Dr. Sikavi will contact you when the results are back — please allow about 1 week.
- If you have any concerns or questions at all after the procedure, don't hesitate to contact our office.

Because you'll be receiving sedation, you must have an adult escort take you home afterward — someone capable of walking you to your front door; a taxi or rideshare driver alone does not meet this requirement. Please confirm your escort is arranged before arrival, as procedures may need to be canceled otherwise.

This form supports your personalized care plan and isn't a substitute for individualized medical advice. Contact our office with any questions before your procedure.