



NORTHEAST
DIGESTIVE
(704) 783-1840

Upper Endoscopy/EGD Preparation

Procedure: Upper Endoscopy / EGD

NE Digestive Vinehaven 1070 Vinehaven Dr NE Concord, NC 28025	NE Digestive Poplar Tent 9965 Poplar Tent Rd Concord, NC 28027	Salisbury Endoscopy Center 510 Corporate Circle Suite 1001 Salisbury, NC 28147	Gateway Surgery Center * 1025 NE Gateway Ct NE Concord, NC 28025	Atrium Cabarrus Hospital 200 Medical Park Drive Concord, NC 28025	Novant Health-Julian Rd Surgery Center 522 Corporate Circle Salisbury, NC 28147	Rowan Medical Center 612 Mocksville Avenue Salisbury, NC 28144
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Date – _____ Arrival Time - _____ Physician – _____

*If your procedure is scheduled at Gateway Surgery Center, call (704) 920-7049 between 2pm-4pm one business day prior to your procedure for your arrival time and time to drink your second preparation.

*****Your scheduled procedure time is one (1) hour after your provided arrival time*****

No food or drink, except clear liquids, after midnight.

Continue your clear liquid diet until **two (2) hours prior to arrival** time and then nothing by mouth. This includes WATER, TOBACCO, MINTS, GUM. Any consumption will result in a delay or cancellation of your procedure. You must have a driver bring you to the procedure and **remain on the premises** throughout the procedure, and then drive you home afterwards. Failure to do so will result in delay or cancellation of your procedure.

Information and Instructions for an EGD (Esophagogastroduodenoscopy):

You have been scheduled for an Upper Endoscopy or EGD. This is a procedure to examine the esophagus, stomach, and duodenum (first portion of the small intestine) using a flexible instrument called an endoscope.

Upon arrival, you will be taken to a pre-procedure holding area. You will be asked to sign a consent form and answer some questions about your health history and current condition. An intravenous catheter will be placed in your arm.

You will then be taken to a procedure room for the examination. You will be asked to lie on your left side for the procedure. Sedation will be given via the intravenous catheter. The procedure itself usually lasts about 10 minutes. Your recovery time is about 30 minutes.

The physician will talk to you and your driver after the procedure. Due to the sedative you have been given you may not recollect this later so, written instructions will also be given to you regarding the results, your diet and activity for the remainder of the day.

Do not plan to drive, work, operate machinery, or make important decisions the rest of that day.

Day of Your Procedure:

No food or drink, except clear liquids, after midnight. Stop clear liquids 2 hours prior to arrival.

Any consumption will result in a delay or cancellation of your procedure.

Do not use denture adhesive before your procedure as you may be asked to remove them before the exam.

Procedure Preparation Instructions

Medication Guidelines

The morning of your procedure you may take medications for: **High blood pressure, Heart conditions, Asthma/Lung conditions, Seizures, Thyroid conditions.** *Please take these with a small sip of water.

Diabetics: If you use oral medications, you may take them as directed the day before. If you are Insulin dependent, please take ½ the dose of any PM insulins. *No diabetic medications the day of your procedure.* If you use any other injectables besides insulin, please hold them for one (1) dose. Use of any of these injectables for **weight loss** should also be held for one week. Please see the chart below.

- Semaglutide (Ozempic, Rybelsus, Wegovy) - Exenatide (Byetta, Bydureon) - Liraglutide (Victoza, Saxenda) - Tirzepatide (Mounjaro, Zepbound) - Dulaglutide (Trulicity)	7 Days
Prasugrel (Effient)	7 Days
- Coumadin (warfarin) - Plavix (clopidogrel) - Brilinta (ticagrelor) - Jantoven (warfarin) - Aggrenox (ASA/dipyridamole) - Iron (Multivitamins are ok to take)	5 Days
- Any illicit drugs - Erectile Dysfunction Medications	3 Days
- Empagliflozin (Jardiance) - Canagliflozin (Invokana) - Dapagliflozin (Farxiga) - Ertugliflozin (Steglatro) - Bexagliflozin (Brenzavvy) - Sotagliflozin (Inpefa)	3 Days
- Pradaxa (Dabigatran) - Xarelto (Rivaroxaban) - Eliquis (Apixaban)	2 Days

If you take Glucagon-like **(GLP-1)** receptor agonists for Type 2 Diabetes or weight reduction these medications must be held due to adverse GI effects such as nausea, vomiting, and delayed gastric emptying which may increase the risk of regurgitation and pulmonary aspiration.

All non-clear fluids need to be finished 8 hours prior to arrival, and 2 hours for clears
Patients on daily or weekly dosing must hold this medication for a minimum of 7 days before procedure

If your prescribing doctor says that it is not okay to stop any of these medications, please contact our office. **Do not stop aspirin for the procedure.**

Dietary Guidelines

Avoid **RED, PURPLE, and BLUE** colors – **NO MILK, CREAMS, or CRACKERS** while on a clear liquid diet

- Water (the original clear liquid) - Crystal Light or Kool Aid - Chicken or Beef Broth NO NOODLES or RICE - Apple, White Cranberry, or White Grape Juice – NO ORANGE JUICE - Tea and coffee WITHOUT CREAMER	- Clear or Yellow Soft Drinks (Sprite, Sundrop, Ginger Ale, Mountain Dew, or Sierra Mist) - Popsicles and Italian Ice (NO YOGURT OR ICE CREAM) - Jello (peach, lemon, lime, white grape flavors are suggested) - Gatorade/Powerade (replaces electrolytes)
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