

# EGD/Upper Endoscopy Prep

Please review this entire document! These instructions are your physician’s specific instructions. Follow all steps carefully to ensure successful prep and procedure. If you are or may be pregnant, please discuss the risks and benefits of this procedure with your provider. Questions? Call 317.214.5468.

Please do your best to keep your scheduled appointment time. If you must cancel or reschedule, please call us at 317.214.5468 with at least **SEVEN DAY’S NOTICE**.

<p><b>10 Days</b> before your procedure</p>	<p><b>Review and start following all MEDICATION GUIDELINES <a href="#">here</a>.</b></p> <ul style="list-style-type: none"> <li>• Consult with your prescribing provider before discontinuing any blood thinners/ anticoagulants and/or diabetic medications.</li> </ul> <p><b>Ensure that you have a driver (age 18+) to remain in the building during the procedure and to drive you home after the procedure.</b></p>
<p><b>1 Day</b> before your procedure</p>	<p><b>Follow a regular diet for breakfast and lunch the day before the procedure.</b> If you are taking a GLP-1 agonist, please follow a clear liquid diet for 24 hours prior to procedure arrival time.</p> <p>For dinner, eat a light diet.</p> <ul style="list-style-type: none"> <li>• Do not consume alcohol the day prior to the procedure.</li> <li>• Take medications as usual unless directed otherwise.</li> </ul>
<p><b>The Day</b> of your procedure</p>	<p><b>DO NOT EAT or DRINK anything after MIDNIGHT</b></p> <ul style="list-style-type: none"> <li>• No eating, drinking, smoking, or vaping. No gum or hard candy.</li> <li>• Take any approved medication with a small sip of water at least 4 hours before procedure</li> <li>• You may brush your teeth, but do not swallow.</li> </ul>

## THE APPOINTMENT

- **Bring to the appointment:**
  - List of all current medications (including allergy or over the counter)
  - Inhalers
  - Photo ID and up-to-date insurance information
  - Leave valuables (jewelry, smart watches, cell phones) at home or with your driver
- Arrive 1 hour prior to scheduled procedure time.
- **You MUST have a friend/family member adult driver (age 18+) remain in the building throughout the entire procedure and available to drive you home after your procedure if receiving sedation.**
- Taxi/cab, Uber/Lyft, bus and medical transport are **NOT** acceptable rides home unless accompanied by an adult (age 18+) friend/family member.

## AFTER THE PROCEDURE

Because of the sedation you are given during the procedure, you may experience sleepiness, dizziness, forgetfulness or lightheadedness. Your judgement and reflexes may be impaired. These are normal reactions to the medication that can last for the remainder of the day.

## FOR THE REMAINDER OF YOUR PROCEDURE DAY

- **DO NOT** drive a vehicle or operate complex machinery
- **DO NOT** perform any strenuous activity
- **DO NOT** drink alcohol
- **DO NOT** smoke unsupervised
- **DO NOT** make any legal decisions
- Additional information will be included on your discharge instructions