

UPPER ENDOSCOPY (EGD) PREPARATION INSTRUCTIONS

- Please take morning medications with a sip of water.
- If your procedure is a morning appointment (**between 6AM - 11AM**), please, **have nothing by mouth after midnight prior to your procedure.**
- If your procedure is scheduled in the afternoon (**between 11:30AM - 3PM**), you may have water prior to 9am the morning of your appointment
- **No Gum, Hard Candy, Smoking or Chewing Tobacco day of procedure**

To ensure you are comfortable during your procedure, sedation medication will be given for the examination.

To ensure you are comfortable during your procedure, sedation medication will be given for the examination. YOU MAY NOT DRIVE HOME IF YOU RECEIVE SEDATION. You must have a responsible escort 18 years of age or older who stays on site throughout your entire procedure and accompanies you home. If your escort does not accompany you to the unit you will be asked to reschedule your procedure.

You may not go home ALONE via public transportation, taxi, Uber, Medicaid van, Trans-Aid or any other similar form of transportation. You must have a responsible person with you.

For any questions about your appointment (time or date) or need to reschedule, call 336-716-3636

Digestive Health is located on the Ground floor (**G**) Reynolds Tower. (See the map which is enclosed)

Important Medication Adjustments

- **Please continue your regularly scheduled medications (such as blood pressure medications) as usual.**
- If you take blood thinners, diabetes medications (pills and/or injections) please see below.
- **Blood thinning medications** (Plavix, Coumadin, Warfarin, Lovenox, Effient, Pradaxa, Xarelto, Brilinta, Pletal, etc.) may need to be discontinued prior to your procedure. Please contact your prescribing physician and ask if your blood thinner is safe to stop. You may need to be off these medications for 3-5 days prior to your procedure.
- **Do NOT stop Aspirin**
- **Diabetic patients: If you take an oral diabetic pill (“sugar pill”), do NOT take it the day of your procedure. If you are taking insulin, please contact your prescribing doctor for instructions on adjusting your insulin the day before and the day of your procedure.**
- If you take **phentermine** (Aidpex-P, Lomaira), please stop this medication **5 days prior** to your procedure.
- **STOP** GLP-1 medications 1 week before procedure (see insert)
- **STOP** erectile dysfunction medications 5 days before procedure (see insert)