

## UPPER ENDOSCOPY (EGD) PREPARATION INSTRUCTIONS

Thank you for choosing Wake Forest Baptist – Digestive Health for your upper endoscopy. An upper endoscopy is an examination of your upper GI tract (esophagus, stomach, and duodenum). A flexible tube called an endoscope will be inserted into your mouth to help your physician look at the upper part of your digestive system. Additional procedures may be performed, such as biopsies and removing polyps. Your stomach must be empty for us to perform this test.

- If your procedure is a morning appointment (**between 6AM - 11AM**), please **have nothing by mouth after midnight** the night before your procedure. Please take morning medications with a sip of water.
- If your procedure is scheduled in the afternoon (**between 11:30AM - 3PM**), you may have a **clear liquid diet until 8 AM** the morning of your appointment.

### Your Clear Liquid Diet May Consist of:

#### **Beverages: DO NOT consume anything red or purple!**

- Clear soft drinks (ginger ale, Sprite, 7-Up, etc...)
- Clear fruit juices – apple, white grape, white cranberry or pulp-free lemonade
- Water, tea, coffee (no milk or cream or creamers)
- Sports drinks (Gatorade, Powerade, etc...)
- Chicken or beef broth/bouillon, **BUT ONLY BEFORE MIDNIGHT!**
- Jell-O gelatin
- Clear popsicles (no sherbet)

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, who can accompany you home and who can stay with you after your procedure. **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.

For any questions regarding your appointment **date or time only**, please contact our scheduling department at 336-716-3636. For prep or procedure questions, please call our prep nurse at 336-716-5637 or our triage nurse at 336-716-8204.

**Our utmost priority is performing safest and highest quality possible examination for each and every patient. Although we strive to remain on schedule, please understand that performing these types of procedures may take longer with some patients than others. We ask for your patience and that you allow at least 4 hours for your visit time with us.**

Digestive Health is located on the Ground floor (**G**), Reynolds Tower. (See the map which is enclosed.) Park in deck “B” on the orange level. When you come in from the visitor parking lot (orange) level, pass by the elevators and there will be an information desk. Continue straight ahead, through the glass breezeway. At the end of the hallway, turn right and about 150 feet ahead you will see the sign for Digestive Health. Turn left into the hallway and the lobby for Digestive Health will be immediately to your right. (You may also use the Patient Drop-off area on the Main level as shown on the map. Ask the attendant at the Drop-off area to direct you to the Ground Floor and Digestive Health.)

## IMPORTANT MEDICATION ADJUSTMENTS

- **PLEASE CONTINUE YOUR REGULARLY SCHEDULED MEDICATIONS and take them with a sip of water the morning of your procedure.**
- **Blood thinning medications** (Plavix, Coumadin, Warfarin, Lovenox, Effient, Pradaxa, Xarelto, etc.) may need to be discontinued prior to your procedure. Please contact your prescribing physician for instructions on whether or not it will be safe to do so. You may need to be off of these medications for 5 to 10 days prior to your procedure. You may, however, continue daily aspirin if recommended by your doctor.
- **Diabetic patients:** If you take an oral hypoglycemic (“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 day of the procedure.
- **If you are taking phentermine (Aidpex-P, Lomaira), please stop this medication 5 days prior to your procedure!**

### PLEASE BRING WITH YOU ON THE DAY OF YOUR PROCEDURE:

- Your insurance information.
- A list of all current medications you are taking.  
(Please leave jewelry at home. Please be prepared to remove any dentures.)