# EGD Instructions

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# EGD (ESOPHAGOGASTRODUODENOSCOPY) INSTRUCTIONS

**READ ALL INSTRUCTIONS WITHIN A WEEK BEFORE YOUR PROCEDURE**
If you start Blood Thinner or Weight loss medications after scheduling your procedure, or have questions,
please call our office @ 303-788-8888
or visit www.southdenvergi.com

**7 DAYS PRIOR TO PROCEDURE**

- **ARRANGE TRANSPORTATION: You will not be able to drive, work, make important decisions or operate heavy machinery for 24 hours after your procedure. You will need an adult friend or family member to take you home.** If you need a ride, call **Andy's House Services (Preferred): 720-420-9095**, or see our Transportation Services list.
- **STOP** Iron Supplements a week before the EGD as they can be constipating.
- If you take **BLOOD THINNERS** we will obtain authorization from your prescribing doctor. We will call you with specific instructions. If we have not called you within 7 days of your procedure, please call our office immediately.
- If you take **Warfarin, Coumadin, or Jantoven**, you must have your **PT/INR** checked the day before your procedure. We will give you specific instructions for this test.
- **DO NOT STOP** heart, blood pressure or other regular medication unless your doctor instructs you to do so.
- You may continue to take aspirin as prescribed.
- If you are on medication for **DIABETES**, we ask that GLP-1

medications be held for ONE dose. Please contact your prescribing provider's office for specific instructions.
- If you take weight loss medication: **GLP-1's**: hold for ONE dose. **Phentermine**: you must hold it for 7 days before the procedure.
- **DO NOT STOP** Contrave or Naltrexone.
- If you use inhalers, please bring them with you. If scheduled at the hospital please bring your CPAP machine.

**THE DAY BEFORE THE EGD**

- It is important for the stomach to be empty so the physician can see the entire area and to prevent the possibility of vomiting during the procedure.
- **NO SOLID FOOD AFTER 11PM THE NIGHT BEFORE YOUR EGD.**
- **YOU MAY HAVE CLEAR LIQUIDS FROM THIS LIST UNTIL 4 (FOUR) HOURS BEFORE THE PROCEDURE:**

- Clear broth (chicken, vegetable or beef bouillon)
- Tea
- Water
- Coffee (no cream, milk or non-dairy creamer)
- Kool-Aid (no red or purple)
- Gatorade/PowerAde (no red or purple)
- White cranberry juice
- Apple juice
- Lemonade/Limeade
- Italian ices/Popsicles
- Jell-O

- **YOU MAY NOT HAVE** anything red or purple (as they can stay in the GI tract and look like blood), milk, milk products, non-dairy creamers, juices with pulp, nectar or alcoholic beverages.

**THE DAY OF THE EGD**

- **AFTER (4 hours prior to your procedure) YOU MAY NOT DRINK ANY MORE LIQUIDS, INCLUDING WATER.**
- **DAY OF PROCEDURE: NO gum, hard candy, chewing tobacco, cigarettes, marijuana, cigars, pipes, e-cigarettes or illicit drugs.**
- **ONLY EXCEPTION**: Take Heart, Blood Pressure, Anti-seizure medications with small sips of water at the time you normally would.
- You may brush your teeth and rinse your mouth but do not swallow any liquids.