

EGD Instructions

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EGD (ESOPHAGOGASTRODUODENOSCOPY) INSTRUCTIONS

READ ALL INSTRUCTIONS 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.southdenvergas.com.

7 DAYS PRIOR TO PROCEDURE 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.
- Take your heart and blood pressure medications as close to your regular schedule as possible. If you are scheduled to take them within the 2 hours prior to the scheduled procedure time, please take them earlier than the 2 hours and with only a small amount of water.
- You may continue to take aspirin as prescribed.
- If you are scheduled to have anesthesia, the anesthesiologist may contact you to review your medical history, medications, and allergies.
- Diabetes medications: We ask that GLP-1 medications be held for 7 days. Please contact your prescribing provider's office for specific instructions.

- If you take a prescription-type weight-loss medication such as Phentermine, you must hold it for 7 days before the procedure.
- DO NOT STOP Contrave or Naltrexone.
- If you use inhalers or a CPAP, please bring them with you.

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 11 PM 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)
 - Coffee (no cream, milk, or non-dairy creamer)
 - White cranberry juice
 - Lemonade/Limeade
 - Italian ices/popsicles
 - Broth or consommé
 - Tea
 - Apple juice
 - Jell-O
 - Kool-Aid, Gatorade, or PowerAde (**NO RED OR PURPLE**)
 - Hard candy

THE DAY OF THE EGD

- **4 hours prior to your procedure: YOU MAY NOT DRINK ANY MORE LIQUIDS, INCLUDING WATER. YOU ARE TO HAVE NO BROTH OR COFFEE WITH CREAMER THE MORNING OF YOUR PROCEDURE.**

- You may brush your teeth and rinse your mouth but do not swallow any liquids.
- ONLY EXCEPTION: Take Heart, Blood Pressure, Anti-seizure medications with small sips of water at the time you normally would