

## Upper Endoscopy Information

Prior to your procedure you will complete a pre-admission testing (PAT) phone call appointment. This call will come from (920) 206-3820.

My PAT Appointment time is: \_\_\_\_\_

You will receive a phone call within a **one hour window** of this scheduled time.

*It is important that you are not distracted during this appointment. You will receive instructions on preparation including diet, medication changes, and arrival time.*

Please have a list of current allergies, medications, and diagnosed medical conditions prepared prior to your phone call with PAT. During your PAT phone call, please complete the following:

1. Endoscopy scheduled with Dr. \_\_\_\_\_
2. Date of procedure: \_\_\_\_\_
3. Hospital arrival time: \_\_\_\_\_
4. Time to stop drinking clear liquids: \_\_\_\_\_
5. Medications to **stop** prior to endoscopy, with date each should be stopped:

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Please consult your prescribing provider to verify it is safe to temporarily discontinue any medications you are instructed to stop. Contact the *General Surgery Clinic* at (920) 206-3042 with any questions/concerns.

Due to sedation medicines, **you cannot drive after your procedure**. You will need a ride to and from the hospital. Please arrange this ahead of time.

## Upper Gastrointestinal Endoscopy (EGD)

### **What is the procedure?**

Esophagogastroduodenoscopy, most commonly abbreviated as EGD, is a procedure that looks at your esophagus (food tube), stomach, and the upper portion of your small intestine – the duodenum. This test is performed to diagnose digestive problems by directly viewing the structures of the upper GI tract. Based on the results of your exam, your doctor can determine the best course of action for treating and managing the cause of your problem.

### **What is an endoscope?**

The endoscope is an instrument consisting of a thin, flexible tube with a light and camera at the end which displays onto a monitor viewed by your doctor. The tube also has several openings through which instruments can be passed for use during the procedure.

### **What will happen during the procedure?**

You will be under a light form of anesthesia during the procedure. After a bite block is placed to protect your teeth and mouth, an endoscope is inserted through your mouth down the esophagus. The endoscope is then used to visualize your esophagus, stomach, and small intestine. Air is used during the procedure to expand the upper GI structures, providing a clear view. If your doctor sees any abnormalities such as inflammation, growths, or ulcers, biopsies may be taken for further evaluation.

### **What will happen after the procedure?**

After undergoing an EGD procedure you will be taken back to your room for recovery. Most patients take approximately 15 to 30 minutes to awaken from the anesthesia used for sedation. After this you will be monitored for an additional 30-45 minutes until ready to go home. You will receive initial results of the procedure from your doctor or their associate once awake, and receive a phone call with any biopsy results after approximately one week.

## Preparing for Upper Endoscopy (EGD)

### 7 Days

Before your procedure

#### Arrange transportation

Please confirm that a family member or friend is available to drive you to and from your upper endoscopy and remain at the hospital for the duration of the procedure.

#### Review Medications

You may be instructed to discontinue certain medications prior to your exam. Call the prescribing provider to discuss how to safely do this.

Medications to stop 7 days prior to endoscopy:

- **Antiplatelet blood thinners:** Pletal (Cilostazol), Effient (Prasugrel)
- Phentermine
- Vitamins and supplements

### 5 Days

Before your procedure

Medications to stop 5 days prior to endoscopy:

- Antiplatelet blood thinners: Plavix (Clopidogrel), Brilinta (Ticagrelor)
- Coumadin (Warfarin)

Note: If you take Warfarin, please contact your prescribing provider to inquire if “bridging” will be required.

### 3 Days

Before your procedure

Medications to stop 3 days prior to endoscopy:

- **PDE-Inhibitors**, unless taken for pulmonary hypertension: Sildenafil (Viagra), Tadalafil (Cialis), Vardenafil (Levitra and Staxyn), Avanafil (Stendra), Cilostazol (Pletal), Dipyridamole (Attia), Milrinone (Primacor), Amrinone, Apremilast (Otezla), Crisaborole (Eucrisa), and Roflumilast (Deliresp)

## 2 Days

Before your procedure

Medications to stop 2 days prior to endoscopy:

- **DOAC blood thinners:** Eliquis (Apixaban), Xarelto (Rivaroxaban), Pradaxa (Dabigatran), Savaysa (Edoxaban)

## 1 Day

Before your procedure

Please do not consume anything by mouth after **midnight** the evening prior to your procedure. Doing so may result in poor visualization, increased risk of complication, and cancellation.

**GLP-1 Agonist users:** Please follow a **clear liquids only** diet for a complete *24 hours prior* to your surgery.

- Includes: Semaglutide (Ozempic, Rybelsus), Tirzepatide (Mounjaro), Dulaglutide (Trulicity), Exenatide (Byetta), Liraglutide (Victoza, Saxenda), Lixisenatide (Adlyxin)

Medications to stop one day before endoscopy:

- Insulin: Follow provided protocol (See end of packet)

## Procedure Day

Again, **do not eat any solid food** the morning of your procedure. You may drink **clear, noncarbonated liquids** up until **two hours** prior to arrival. Consuming any form of food or drink beyond this may result in cancellation.

Please remember to have a friend or family member drive you to and from the hospital for your procedure. You cannot drive after receiving anesthesia.

Medications to stop the day of endoscopy:

- Insulin: Follow provided protocol (See end of packet)
- Metformin
- Lisinopril (Zestril, Prinivil), Benazepril (Lotensin), Captopril, Enalapril (Vasotec), Losartan (Cozaar), Valsartan (Diovan), Olmesartan (Benicar), Candesartan (Atacand)
- Rosiglitazone (Avandia), Pioglitazone (Actos)
- Glimepiride (Amaryl), Glipizide (Glucotrol), Glyburide (Micronase, Glynase, Diabeta)

- Sitagliptin (Januvia), Saxagliptin (Onglyza), Linagliptin (Tradjenta), Alogliptin (Nesina)

## After your Endoscopy

You will receive discharge paperwork with instructions on when to resume any medications stopped prior to the procedure.

You may resume a normal diet (as tolerated) after your endoscopy. You may have a mild sore throat after the procedure, which should resolve in approximately 24 hours.

Do not drive, work, or operate heavy machinery until the day after your endoscopy. Do not smoke, drink alcohol, or take sleep aids until the day after your endoscopy.

You will be notified of any pathology results from your procedure in 7-14 days by a phone call. If we are unable to reach you via phone after multiple attempts, you will receive a letter in the mail.

## Clear Liquid Diet

### OK to drink:

- Water
- Tea and black coffee **without** any cream, milk, or lightener (including non-dairy options)
- Flavored water without red or purple dye
- Clear, light colored juices such as apple, white grape, lemonade without pulp, and white cranberry
- Clear broth including chicken, beef, or vegetable
- Sports drinks such as gatorade or propel

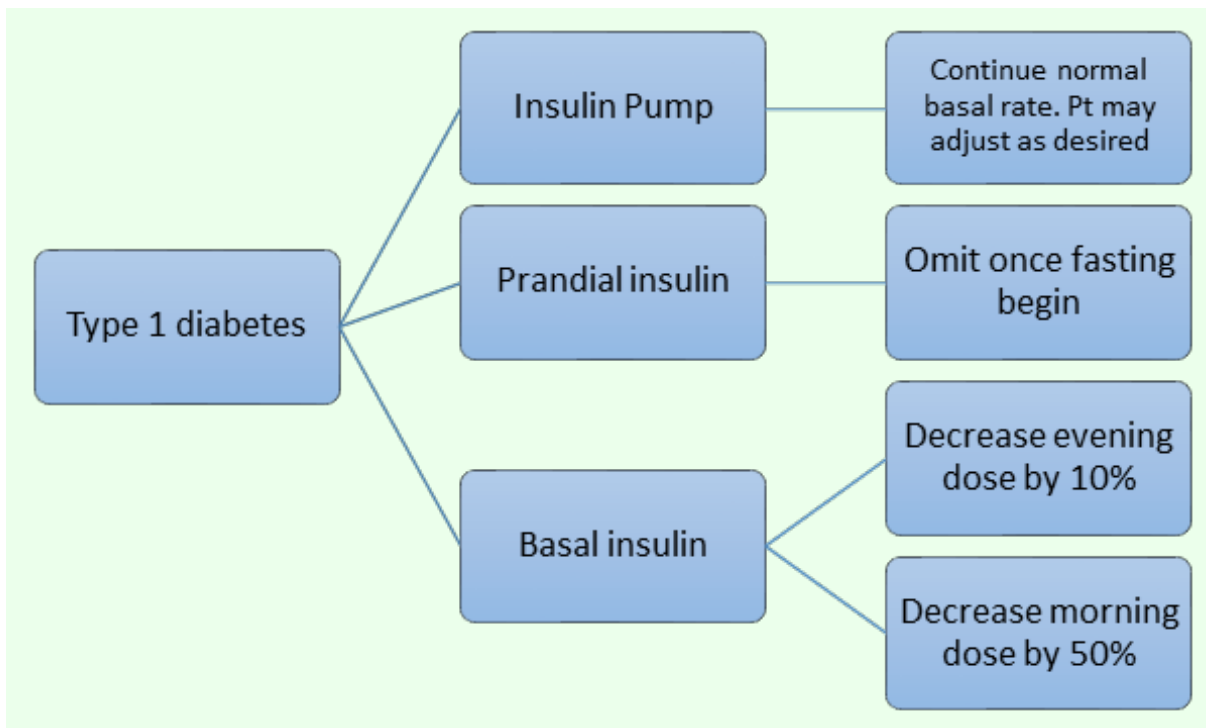
### Avoid these drinks:

- Alcoholic beverages
- Milk (including non-dairy)
- Smoothies
- Milkshakes
- Cream
- Orange juice
- Grapefruit juice
- Tomato juice
- Soup other than clear broth
- Cooked cereal
- Gum, hard candy, suckers

- Popsicles without fruit or cream
- Jello or other gelatin without fruit
- Powdered drinks such as kool-aid or crystal light

Anything with **red or purple coloring** such as juice, popsicles, sports drinks, or gelatins

## Pre-operative Insulin Protocol



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