



## Preparing for Your EGD or Upper Enteroscopy

*This sheet contains instructions you must follow to prepare for your endoscopy procedure. Read them carefully. If you do not follow these instructions, you will have to reschedule or re-do your test. Please ask us if you have any questions about this instruction sheet.*

*We recommend you make a check mark by each instruction as you complete it.*

### Important:

Arrange for a responsible adult (18 years or older) to accompany you home. You will be groggy after your procedure. You must have a responsible adult with you even if you ride the bus, take a taxi or use medical transport. If this adult is unable to check in with you, please let them know we will need to contact them by phone prior to your procedure. Do not plan on returning to work that day.

### Medications:

You may need to stop or change the way you take some medications before this procedure. We are here to help you understand how you need to change your medications. The number one reason we cancel procedures is because patients do not adjust their medications properly. Please keep reading for more instructions.

### If You Have Diabetes:

Remember you will need to fast (go without food) before this procedure. Schedule your appointment early if you can. Call us for medication instructions if you take any of the following:

- Short Acting Insulin
- Long Acting Insulin
- Metformin (Glucophage) or other oral diabetic medication

### 7 Days before Your Appointment (Date \_\_\_\_\_):

Call us for medication instructions if you take any blood thinners such as:

- Apixaban (Eliquis)
- Clopidogrel (Plavix)
- Coumadin (Warfarin)
- Dabigatran (Pradaxa)
- Dalteparin (Fragmin)
- Edoxaban (Savaysa)
- Enoxaparin (Lovenox)
- Fondaparinux (Arixtra)

- Prasugrel (Effient)
- Rivaroxaban (Xarelto)
- Ticagrelor (Brilinta)
- You do not need to stop or change the way you take aspirin for this procedure.

### **3 Days before your Appointment (Date \_\_\_\_\_):**

- Call the Endoscopy Call Center if you have not talked to someone from our clinic since scheduling your appointment. See contact information.

### **The Night before Your Appointment (Date \_\_\_\_\_):**

- Stop eating any solid food after midnight. From this point on, you may only have clear liquids. We encourage you to have clear liquids for up to 3 hours before your procedure.

### **The Day of Your Appointment (Date \_\_\_\_\_):**

- You may take any allowed pills and medications with a small sip of water. If your medicine says to take with food, do not take it until after your procedure.
- 3 hours before your appointment, stop drinking anything at all. No food or drink until after your appointment. Not even gum, mints or candy.
- Complete any assigned paperwork and bring it with you to your appointment.
- Bring a list of all your medications with you to your appointment.

#### Contact Information:

Please call us with questions or concerns:

Endoscopy Call Center: (801) 213-9797, choose option 1 and then option 2

**If you need to cancel your appointment, let us know as soon as possible.**

For more information visit our website: <http://healthcare.utah.edu/gi>