



ESOPHAGOGASTRODUODENOSCOPY (EGD) PROCEDURE PREPARATION

An esophagogastroduodenoscopy, commonly referred to as an EGD or upper endoscopy, visually examines the esophagus, stomach and first part of the small intestine (duodenum). To ensure the best possible EGD visualization, it is imperative to follow the below instructions. Failure to do so, may result in your procedure being rescheduled.

7 DAYS PRIOR TO YOUR PROCEDURE

Please ensure that you arrange for medical transport or a responsible adult driver to accompany you on the day of your procedure. For your safety, you will NOT be allowed to drive, operate machinery, or return to work until the following day. Your driver should remain on-site for the full duration of your visit, which typically lasts about two hours from check-in to discharge. Ride-share services such as Uber, Lyft, or taxis are NOT permitted.

3 DAYS PRIOR TO YOUR PROCEDURE

- ✓ **STOP all over-the-counter supplements:**
 - Iron, multi-vitamins and herbal supplements
- ✓ **CONTINUE to take:**
 - Regular prescription medications unless instructed to stop by our office or another provider

1 DAY PRIOR TO YOUR PROCEDURE

- ✓ **STOP:**
 - Do NOT consume alcohol, creamer, red or purple-colored liquids
- ✓ **HYDRATE:**
 - Drink at least 64oz of water to stay hydrated prior to procedure
- ✓ **DIET:**
 - Up until 11:45PM, you may consume a regular diet
 - After 11:45PM, you may only consume clear liquids. Examples include: water, chicken broth, apple or white grape juice, sport drinks, popsicles, Jell-O, coffee and tea (no cream), and soft drinks

DAY OF YOUR PROCEDURE

- ✓ **DO NOT USE OR CONSUME:**
 - Creamer, antacids (Maalox, Pepto Bismol, Mylanta, etc.), recreational drugs, or alcohol
- ✓ **OPTIONAL:** You may continue to drink clear liquids up to 2 hours before your procedure
- ✓ **AT LEAST 3 HOURS** before procedure:
 - Take your regularly scheduled medications unless instructed to stop during procedure education phone call
- ✓ **2 HOURS** before procedure:
 - **DO NOT DRINK ANY LIQUIDS OR CONSUME ANYTHING BY MOUTH** due to risk of aspiration. Failure to comply will result in your procedure being delayed or cancelled!

PREPARING FOR ARRIVAL

- ✓ Please complete the electronic intake paperwork that was sent to you via text/email. Accommodations/assistance will be available upon request.
- ✓ Leave your valuables (including watches, jewelry, and personal effects) at home. We will not be responsible for these items.
- ✓ Please bring your photo ID, insurance card, and an updated list of medications.
- ✓ Do not bring children, as we are unable to provide accommodations for their care and comfort.

MEDICATION ADJUSTMENTS

- ✓ **For Diabetic Patients:**
 - Remember to check your blood sugars frequently the day before and day of your procedure.
- ✓ **For Patients on Blood Thinners:**
 - If you're taking blood thinners like Warfarin, Plavix, Eliquis, or Xarelto, make sure to follow the specific instructions our office has given you.
- ✓ **For Patients Taking GLP-1 Medications:**
 - Examples include Ozempic, Wegovy, Zepbound, Trulicity, Bydureon, Byetta, Saxenda, Victoza, Adlyxin, and Rybelsus.
 - **If you take your GLP-1 medication daily:** Do not take it on the day of your procedure.
 - **If you take your GLP-1 medication weekly:** Do not take it for 7 days before the procedure.

Need More Help?

- If you have any questions about these instructions, please call our office during regular business hours 8:00AM–5:00PM Monday through Friday at 208-489-1887.
- If you need to call after 5:00PM, please use 208-489-1900.

Frequently Asked Questions (FAQs)

- For answers to frequently asked questions, visit our website: www.digestivehealthclinic.com