

Upper Endoscopy (EGD) Instructions

(Esophagogastroduodenoscopy)

Important: Follow the arrival time provided by the surgery center during your pre-op phone call. If it differs from an automated message from our office, follow the surgery center's time. If you need a specific arrival time, contact the surgery center at least 5 business days after scheduling.

Before Your Procedure

- 2 Weeks Before: Stop Phentermine and other phentermine-containing weight-loss medications.
- 1 Week Before: Stop GLP-1 medications (Ozempic®, Wegovy®, Mounjaro®, Zepbound®, etc.).
- 5 Days Before: Stop Ibuprofen, Advil®, Motrin®, Aleve®, Naproxen, Indocin®, Mobic®, Fish Oil/Omega-3, and Vitamin E.
- Tylenol® is okay.

The Day Before

- Regular diet until 8:00 PM.
- Nothing to eat after 8:00 PM.
- Clear liquids until Midnight.
- Nothing by mouth after Midnight (including water, gum, mints, or candy).

The Morning of Your Procedure

- Take blood pressure and heart medications with a small sip of water.
- Do NOT take oral diabetes medications. Bring them with you to take after your procedure.

Transportation

- A responsible adult must drive you home.
- You may not drive yourself home.
- No Uber, Lyft, or taxi

Bring

- Photo ID, Insurance card, Medication list (if needed), Case for glasses, contacts, dentures, or hearing aids
Leave jewelry and valuables at home.

After Your Procedure

- Your physician will review your results before discharge.
- Biopsy results take 7–10 days
- Call or text our office to schedule your follow-up appointment 936-321-0000