



EGD Prep Instructions

Upper endoscopy helps your doctor identify and treat causes of symptoms such as upper abdominal pain, heartburn, bleeding, nausea, vomiting, weight loss or difficulty swallowing. Your doctor might use upper endoscopy to obtain biopsies (tissue samples) to identify benign (non-cancerous) or malignant (cancerous) tissue. During an upper endoscopy, your doctor can pass instruments through the endoscope to perform therapies such as dilating (or stretching) a narrowed area, removing abnormal tissue or stopping bleeding.

Please read and follow the instructions in this packet. If you have any questions, please contact our office.

- ✓ Make arrangements for your driver to accompany you on the day of the procedure, to stay at the facility during the procedure, and to drive you home after the procedure. If you do not have a driver with you, your procedure will be canceled. Due to sedation and safety concerns, we cannot allow you to take a ride-share, a taxi, or public transportation home.
- ✓ Remember to talk with your physician about any medications you are taking. You may continue taking aspirin or NSAIDS such as Advil or Ibuprofen, unless otherwise instructed by your physician.

Special Instructions for Patients with Certain Medical Conditions or Medications

If you have kidney disease, are pregnant, or think you may be pregnant, please discuss the risks and benefits of this procedure with your physician. There may also be modifications to your diet or medication regimen.

Blood Thinners

(Examples: Plavix, Pradaxa, Brilinta, Eliquis, Xarelto, Warfarin, Lovenox, etc.)

You will need clearance from your cardiologist or other medical provider to stop these medications before your procedure. We will contact you with instructions once we receive them from your prescribing provider. If you do not stop these medications, there is a risk of bleeding when removing polyps.

Diabetes

Please call your prescribing doctor to inform them that you are having an Upper Endoscopy examination. Ask for instructions about whether your diabetic medication doses need to be adjusted on the day of your procedure.

Glucagon-Peptide or Semaglutide Medications

(Examples: Trulicity, Wegovy, Ozempic, Mounjaro)

If you are on Glucagon Peptide medications like Trulicity (dulaglutide), Wegovy (semaglutide), Ozempic (semaglutide), Rybelsus (tirzepatide), or Mounjaro (tirzepatide) and more, you will need to hold your medicine. If you take a weekly injectable, please hold your medication for at least seven (7) days before your procedure. If you take oral medication daily, please hold your medication the day before your procedure and the day of your procedure.

Nickel Allergy

If you are having an EGD with Bravo and are allergic to nickel, please call our office.

Please call our office at 804-330-4021 if you have any questions about your procedure.

THE DAY BEFORE YOUR UPPER ENDOSCOPY

- ✓ You will be allowed to eat as normal.
- ✓ Confirm your driver knows what time you need to arrive for registration. They should expect to be at the facility for 2-3 hours. If you do not have a driver, your procedure will be canceled. You cannot take public transportation, or taxis, or use ride-share services like Lyft or Uber without being accompanied by an adult.

THE DAY OF YOUR UPPER ENDOSCOPY

- ✓ After midnight (12:00 a.m.), you cannot have any solid food. You will be on a clear liquid diet until 4 hours before your procedure. These liquids include:
 - Electrolyte replacement drinks like Gatorade, Pedialyte, or Powerade
 - Carbonated drinks, like sodas or non-alcoholic seltzers
 - Clear broth or bouillon – any type
 - Black coffee or tea (no milk or dairy creamers), hot or iced
 - Kool-Aid or other fruit-flavored drinks
 - Strained fruit juices (no pulp)
 - Jell-O, popsicles, hard candy
- ✓ Take your normal medications with a small sip of water. You will need to arrive ahead of your appointment time for registration. The arrival time depends on where your procedure is scheduled. The arrival time is included in your appointment information.
- ✓ Please dress comfortably and leave valuable items at home or with your driver.
- ✓ Continue to hydrate until 4 hours before your appointment arrival time! **You cannot drink anything starting 4 hours before your arrival.**



If you are having Bravo Clip placed during your upper endoscopy [OFFICE STAFF TO CHECK INSTRUCTION BOX]

- ☐ Discontinue taking Proton Pump Inhibitors, such as omeprazole, esomeprazole (Nexium), or lansoprazole (Prevacid)
- ☐ Continue taking Proton Pump Inhibitors

If you must CANCEL or RESCHEDULE your Upper Endoscopy for any reason, please notify us at least forty-eight hours in advance. Cancellations with less than forty-eight business hours' notice will result in a fee of \$250.

If you have any questions, please contact our office as soon as possible