

## Preparation for an upper endoscopy (EGD)

In order to achieve an accurate evaluation of your upper gastrointestinal (GI) tract, it is important that you properly prepare for the procedure. Doctors are able to obtain the clearest view of the gastrointestinal tract when it is completely free of food matter. Without your cooperation, the examination cannot accomplish its purpose and may have to be repeated.

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### **DAYS BEFORE THE PROCEDURE:**

Do not take any aspirin, NSAIDs or Ibuprofen products. Tylenol (acetaminophen) is allowed



If you are taking anticoagulants or blood thinners such as Coumadin, Plavix (clopidogrel), Persantine (dipyridamole), Ticlid (ticlopidine), Aggrenox, Pletal or aspirin regularly, please discuss this with your physician. In most circumstances, these medications are discontinued prior to your procedure.

### **THE DAY BEFORE THE PROCEDURE:**

You may follow a regular diet until **midnight**, after **12:00AM** only clear liquids are allowed. You may drink clear liquids until **5 HRS** before your procedure. Also, no chewing gum, hard candy or chewing tobacco may be consumed at least **5 hours** before your appointment.

By rule of thumb, a clear liquid is one that can be seen through. Some examples include: clear juices without pulp, clear soda, chicken or beef broth, popsicles, Jell-O, Italian ice, tea, coffee, clear hard candy, etc.

### **THE DAY OF THE PROCEDURE:**

#### **DO NOT HAVE ANYTHING TO EAT.**

At **5:00 AM**, take any currently prescribed heart and blood pressure medications (except for blood thinners as detailed above).

If you are diabetic: Do not take your diabetic medication (pills or insulin) the morning of your procedure.

Please report to your appointment at the scheduled time.

**NOTE:** The procedure will last about one-half hour. A driver must come with you in order to drive you home after the procedure. You will be sedated for your upper endoscopy and you may not drive or work for **12 hours** after the procedure.

If you have any questions please call our office at **(305)-223-5858**.

Kendall Regional Endoscopy Center can be contacted at **(305) 227-5578**.