

## UPPER ENDOSCOPY INSTRUCTIONS

Your upper endoscopy has been scheduled on: \_\_\_\_\_

Time to arrive at the HOSPITAL front desk: \_\_\_\_\_

*Time of arrival before procedure allows for paperwork & preparation.*

**\*\* Please bring your insurance cards and a photo I.D. If you have any insurance changes, please let us know ASAP BEFORE the day of surgery.**

What is an upper endoscopy?

An upper endoscopy or EGD is a special examination of your upper gastrointestinal area. It will allow the doctor to evaluate your esophagus and stomach. Biopsies, and photographs may be taken for diagnostic purposes. An IV will be started and you will receive medication that will make you drowsy. You will also get a spray to your throat that will numb it. You will be asked to lie on your left side for this procedure. After the procedure, you will be monitored for about an hour, and then allowed to go home with your driver. Biopsy reports will take several days, and you will be given a follow up appointment for these results.

Preparation for the upper endoscopy

**The night before** the upper endoscopy \_\_\_\_\_ avoid anything to eat or drink after midnight. You may take any morning medications with a sip of water, or you may bring them with you to take after you are done.

**The day of your procedure** do not eat or drink anything. This includes water, gum, and hard candy. Take only the medications you were instructed to take the morning of your procedure. Take with a few sips of water, or you may bring them with you to take after the procedure is done. Please bring a list of your current medications, and dosages to the hospital with you. Remove any jewelry, including body piercings. Leave all valuables such as credit cards, and jewelry at home. You will NOT be able to drive yourself home. The medication we give you will make you drowsy, making it unable for you to drive for 24 hours. Your driver may wait in our waiting room, or return to pick you up. You will be here approximately 2-3 hours, but at times our schedule does run later due to unforeseen complications. It could be a longer wait.

What to expect after your upper endoscopy

The surgery staff at Kossuth Regional Health Center wishes you thank you for the opportunity to serve you. Please call if you have any questions. Our clinic number is 515-295-4534 for Ashley or Diane G., R.N. at 515-295-4541. The hospital number is 515-295-2451, and ask for surgery. Use this number after clinic hours and speak to the ER nurse if you have concerns.

**If you need to change or reschedule your surgery date, please call and let us know ASAP.**

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**Medications that you may need to stop prior to your procedure:** Please notify us if you are currently taking the following medications, and inform us as to why you were prescribed these medicines. We will advise you to discontinue or make adjustments to these medications or ask you to consult with your primary care physician or cardiologist prior to your procedure.

Coumadin (Warfarin)	Aspirin	Gingko
Plavix (Clopidogrel)	Advil	Ginseng
Pradaxa (Dabigatran)	Ibuprofen	
Effient (Ticagrelor)	Excedrin	
Eliquis (Apixiban)	Motrin	
Aggrenox (Asprin/Dipyridamole)	Bufferin	
Persantine (Dipyridamole)	Aleve	
Xarelto (RivaroXiban)	Naproxen	
Cough & Cold Products	Ephedra	
Arthritis medications prescription or over the counter		

Please stop these medications on \_\_\_\_\_.

**Tylenol and Tylenol Arthritis products are okay to use.**

### Diabetic Patients

Patients who are on insulin should follow these guidelines. You should check your blood sugar 4-5 times the day of your prep. Take your regular morning dose of insulin. You need to check your blood sugar prior to your evening dose of insulin. If your blood sugar reads less than 150, do not take the evening dose. If your blood sugar reads 150-200 take ½ dose of insulin. If your blood sugar reads over 200 take your full dose of insulin.

**Do not take insulin on the day of your procedure until after your procedure has been performed.**

**Please bring your morning dose of insulin with you.**

If you are on Metformin or other oral diabetic medications, you will hold your evening dose the night before your procedure and bring your morning dose with you.