

EGD Instructions

The following instructions are to be used in conjunction with the 22otters prep app. If you haven't already downloaded the app, please do so now at: www.22otters.com

Your doctor will be looking at your upper digestive tract to find the cause of any symptoms you may be experiencing. Having an empty stomach will allow the best and safest EGD procedure.

Follow the instructions below for successful EGD.

o Before your EGD...

- Patients over 50 years of age must have an EKG within 6 months prior to procedure.
- Be sure to get the necessary blood work or clearance if you were instructed to do so.
- Female patients under 55 years of age must have a pregnancy test within 6 days of procedure.
- If you have diabetes, talk to your prescribing doctor for specific instructions for your diabetes medications.
- Contact your insurance provider to determine if an out-of-pocket cost is required. Though hospital/facility services may be covered, you may still be responsible for other services such as biopsy interpretation and preadmission testing.

7 days before your EGD

o Talk to your doctor if you take blood thinners

Ask your prescribing doctor for specific instructions if you take blood thinners. Blood thinners include:

- Aggrenox[®]
- Agrylin[®]
- Aspirin
- Coumadin[®] (Warfarin)
- Effient[®]
- Heparin
- Lovenox[®]
- Persantine[®]
- Plavix[®]
- Pradaxa[®]
- Ticlid[®]
- Xarelto[®]

o Arrange for a ride home

You will be drowsy after your exam and will not be allowed to drive yourself home. Arrange for an adult, 18 years or older, to drive you home.

If you cancel your appointment less than 5 days prior to your procedure, you will be responsible for a \$100 service fee.

5 days before your EGD

o Stop taking supplements

These include: vitamin E and herbal supplements (echinacea, ginkgo biloba, ginseng, fish oil)

1 day before your EGD

o Starting at midnight

You may not have anything to eat or drink, including water.

Morning of your EGD

- o Remember, starting at midnight before your exam, it's VERY important that you don't take ANYTHING by mouth, including water.**
- o However, you should take blood pressure, thyroid, and heart medications on the morning of your procedure with a sip of water.**
- o Arrive early for your procedure**
 - Wear loose comfortable clothing
 - Leave jewelry and valuables at home
 - If your meds have changed, bring meds list with milligrams and quantity
 - Bring photo ID, insurance card
 - Bring copayment if required

After your EGD

- o Rest remainder of the day**
- o Do not:**
 - Drive until day after
 - Return to work
 - Make important decisions (signing legal papers)

Call your doctor if you experience:

- Fever/chills
- Nausea/vomiting
- Severe abdominal pain
- Rectal Bleeding
- Chest pain/shortness of breath
- Difficulty swallowing/severe throat pain

Specific Instructions:

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