



### Upper Endoscopy (EGD) Instructions

Please read this information as soon as you receive it!

If you have any questions or to make a change to your appointment, Please call our OFFICE at (334) 747-7070.

#### Date and Time

- Your procedure is scheduled with Dr \_\_\_\_\_

Date:

Time:

- Please arrive on time for your procedure. We work very hard to stay on schedule. We need some time before procedure to complete paperwork, place an IV line etc.
- If you cannot keep your scheduled appointment, please notify us at least 2 business days before your scheduled time.

#### Location

**Baptist Medical Center South Endoscopy Center** located at **first floor of Morrow tower** (Blue star in the map)

Address: 2055 E South Blvd, Montgomery, AL 36116 (Parking available on site).

#### Day of EGD Procedure:

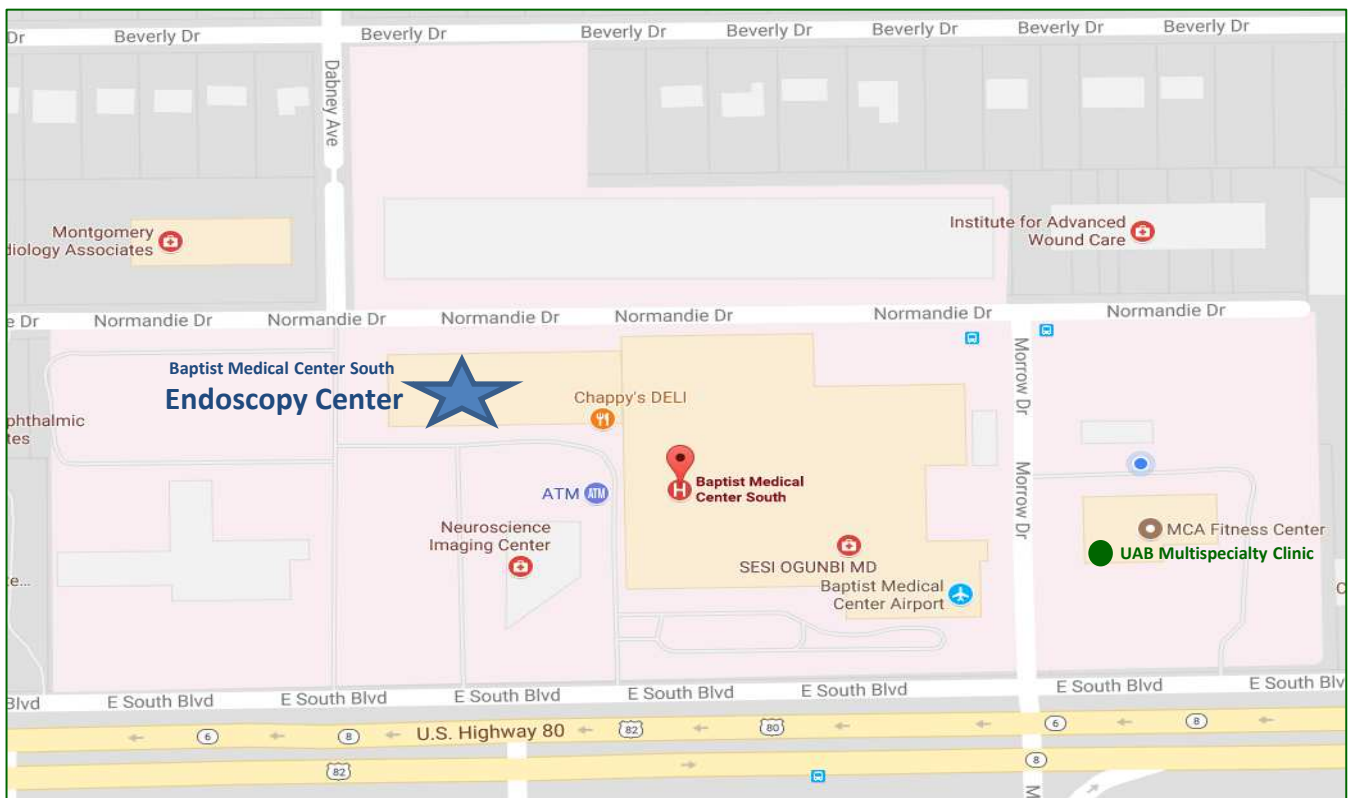
- DO NOT CONSUME ANYTHING AFTER MIDNIGHT EXCEPT MEDICATIONS UNTIL AFTER YOUR PROCEDURE
- You should take your vital medications, including heart, blood pressure, thyroid and seizure medications as directed 4 HOURS BEFORE PROCEDURE with a small sip of water.
- If you have asthma, use your inhaler as directed and bring it with you.
- You may brush your teeth.
- Wear loose comfortable clothing such as a sweat suit. NO JEANS and NO METAL – including zippers and bra hooks (Sports bras only). Leave all jewelry at home including belly rings & tongue piercings.
- If you are a smoker, it is advised that you do not smoke at least 6 hours before the procedure.
- Arrive at the Endoscopy Lab at Baptist Medical Center South at **first floor of Morrow tower** at your scheduled procedure time.
- You will need someone to drive you to and from the hospital AND wait in the waiting room until the procedure is done. The procedure can't be done unless you have a driver. You will be there for approximately 4 to 4-1/2 hours from the time you arrive. The driver must be flexible as the procedure may run longer than expected. The person driving you must accompany you at check in for confirmation and instructions for pick up.
- Please bring medication list with you to your appointment along with your insurance cards and driver's license.

#### Instructions For Medications Use

- Take all your **heart, blood pressure, and seizure medication** as usual with small sips of water the day prior and on day of procedure.
- Coumadin (warfarin):** Call your primary care doctor or cardiologist and ask if you can safely stop the Coumadin five (5) days before your procedure. If your doctor tells you that you cannot stop the Coumadin, then please call us immediately to reschedule the procedure at later time whenever you can safely stop Coumadin for procedure.
- If you take **Eliquis** (apixaban), **Pradaxa** (dabigatran), **Savaysa** (edoxaban), or **Xarelto** (rivaroxaban): Call your primary care doctor or cardiologist and ask if you can safely stop these medications 48 hours before your procedure. If your doctor tells you that you cannot stop these medications, please call us immediately to reschedule the procedure at later time whenever you can safely stop medications for procedure.
- If you take **Plavix** (clopidogrel), **Effient** (prasugrel), **Ticlid** (ticlopidine) or **Brilinta** (ticagrelor): Call your primary care doctor or cardiologist and ask if you can safely stop these medications five to seven (5-7) days before your procedure. If your doctor tells you that you cannot stop these medications, please call us immediately to reschedule the procedure at later time whenever you can safely stop these medications.
- If you take **Lovenox** (enoxaparin), **Aristra** (fondaparinux), **Fragmin** (dalteparin) or **Iprivask** (desirudin): Call your primary care doctor or cardiologist and ask if you can safely stop these medications 24 hours before your procedure. If your doctor tells you that you cannot stop these medications, please call us immediately to reschedule the procedure at later time whenever you can safely stop medications.
- Aspirin:** Do not stop aspirin (81mg) prior to your procedure. If you are on aspirin dose higher than 81mg, Call your primary care doctor or cardiologist and ask if you can safely stop these medications five (5) days prior to procedure.
- If you are on **any other blood thinners** not mentioned above, please discuss with your cardiologist or primary care physician or call our office at least seven days prior to procedure.
- Iron:** Stop iron five (5) days before the procedure. Iron can make preparation difficult and result in a poorly cleaned colon.
- Insulin:** Call your primary care doctor for instructions at least five (5) days before the procedure.
- Herbal Medications:** It is best to stop any herbal remedies five (5) days before the procedure as many of them can thin the blood and increase the risk of bleeding during the procedure.

#### After the Procedure:

- The effects of the anesthesia can persist for 24 hours. After receiving the sedation, you must take extreme caution before engaging in any activity that could be harmful to yourself or others (such as driving a car). Do not make any important decisions and do not drink any alcoholic beverages during this time period.
- Take only the medication that is prescribed by your doctor.
- After your procedure, you may have anything you'd like to eat or drink although you should start with something 'light'. Please include plenty of fluids. Avoid items that cause gas such as sodas and salads.



### What to Expect: Upper Endoscopy (EGD)

#### During an endoscopy

- During an upper endoscopy procedure, you'll be asked to lie down on a table on your back or on your side. As the procedure gets underway:
- **Monitors often will be attached to your body.** This will allow your health care team to monitor your breathing, blood pressure and heart rate.
- **You may receive a sedative medication.** This medication, given through a vein in your forearm, helps you relax during the endoscopy.
- **Your doctor may spray an anesthetic in your mouth.** This medication will numb your throat in preparation for insertion of the long, flexible tube (endoscope). You may be asked to wear a plastic mouth guard to hold your mouth open.
- **Then the endoscope is inserted in your mouth.** Your doctor may ask you to swallow as the scope passes down your throat. You may feel some pressure in your throat, but you shouldn't feel pain.
- You can't talk after the endoscope passes down your throat, though you can make noises. The endoscope doesn't interfere with your breathing.
- As your doctor passes the endoscope down your esophagus:
- **A tiny camera at the tip transmits images to a video monitor in the exam room.** Your doctor watches this monitor to look for abnormalities in your upper digestive tract. If abnormalities are found in your digestive tract, your doctor may record images for later examination.
- **Gentle air pressure may be fed into your esophagus to inflate your digestive tract.** This allows the endoscope to move freely. And it allows your doctor to more easily examine the folds of your digestive tract. You may feel pressure or fullness from the added air.
- **Your doctor will pass special surgical tools through the endoscope to collect a tissue sample or remove a polyp.** Your doctor watches the video monitor to guide the tools.
- When your doctor has finished the exam, the endoscope is slowly retracted through your mouth. An endoscopy typically takes 15 to 30 minutes, depending on your situation.

### After Your Upper Endoscopy (EGD)

#### After the endoscopy

- You'll be taken to a recovery area to sit or lie quietly after your endoscopy. You may stay for an hour or so. This allows your health care team to monitor you as the sedative begins to wear off.
- Once you're at home, you may experience some mildly uncomfortable signs and symptoms after endoscopy, such as:
  - ✓ Bloating and gas
  - ✓ Cramping
  - ✓ Sore throat
- These signs and symptoms will improve with time. If you're concerned or quite uncomfortable, call your doctor.
- Take it easy for the rest of the day after your endoscopy. After receiving a sedative, you may feel alert, but your reaction times are affected and judgment is delayed.

### Complications Associated with Upper Endoscopy (EGD)

- As with any procedure, it is possible for complications to happen. Although they are very uncommon, possible complications associated with an Upper Endoscopy (EGD) include:
  - ✓ Bleeding from the site where we take tissue samples (biopsies)
  - ✓ Puncture (perforation), which could require surgery to fix
  - ✓ Abdominal Discomfort
- Overall, experts agree that the potential benefits of endoscopy are greater than the potential risks.

### Important Points To Remember

- Do not consume anything after midnight on day of procedure except medications
- For Blood thinners use, read 'instructions for medications use' attached here with.
- You will need driver on the day of procedure to drive you back home !!
- You will spend approximately 4 to 4-1/2 hours at Endoscopy center from the time you arrive.
- Please bring medication list, your insurance cards and your driver's license with you on day of procedure.

**IF YOU FAIL TO FOLLOW INSTRUCTIONS, THE PROCEDURE MAY GET CANCELLED !!**