

Upper Endoscopy (EGD) PREPARATION

PLEASE READ THESE INSTRUCTIONS NOW

Questions, cancellations, or rescheduling: Call 617-562-5432.

WHERE TO GO: Boston Medical Center – Brighton — GI Endoscopy • 736 Cambridge Street, Brighton, MA 02135

The Endoscopy Unit is located on the fifth floor of Building B in the hospital. If entering from the Main Entrance of the hospital, you should turn left at Dunkin' and take elevator B to the fifth floor.

WHAT IS AN EGD? An Esophagogastroduodenoscopy (EGD), also called an upper endoscopy, is a procedure that allows your doctor to examine the lining of your esophagus, stomach and duodenum using a thin, flexible instrument with a camera.

IMPORTANT INFORMATION BEFORE YOUR PROCEDURE:

- **Blood thinners:** If you take blood thinning medications contact the prescribing provider at least 2 weeks before your procedure for instructions. Such as Coumadin® (warfarin), Lovenox® (enoxaparin), Plavix® (clopidogrel), Ticlid® (ticlopidine), Agrylin® (anagrelide), Pradaxa® (dabigatran), Xarelto® (rivaroxaban), Eliquis® (apixaban), Prasugrel (Effient), Heparin, or Brilinta (Ticagrelor)
- **Aspirin:** continue taking 81 mg aspirin, up until and including the day of your procedure.
- **Iron and vitamin E:** Stop iron supplements and vitamins containing **vitamin E 1 week before** your procedure.
- **Diabetes:** Contact the doctor who manages your diabetes 2 weeks before your procedure to review your medications.
- **GLP-1/ GLP-2 agonist medications:** If you take medications for diabetes or weight management, such as GLP-1/ GLP2 agonists, follow the instructions in this packet for medication adjustments.
- **Sedation:** Most patients receive sedatives for procedures. Please let us know in advance about any of the following items, which could have an impact on any sedation you may receive:
 - Allergic reaction or other problems related to sedatives or pain medicine/narcotics
 - If your weight is over 300 pounds
 - You are currently taking narcotic pain medicine
 - You have severe liver disease
- **After sedation:** For the remainder of the day after your procedure, do not drive, return to work or school, make important decisions, or provide childcare. Unless instructed otherwise, you may return to normal activities the following day.

YOU MUST ARRANGE A RIDE HOME

A responsible adult must come to the procedure area when you are ready to leave. You CANNOT drive yourself home after receiving sedation.

YOUR PREPARATION TIMELINE

2 WEEKS BEFORE	• Contact your prescribing physician if you take blood thinners. • Contact your diabetes provider for medication instructions.
1 WEEK BEFORE	Stop iron supplements. Stop vitamins or supplements containing vitamin E.
DAY OF PROCEDURE	• Do not eat or drink anything beginning at midnight. • You may take your usual morning medications with a small sip of water up to 3 hours before your procedure, unless instructed otherwise. • Do not eat breakfast or drink liquids. • Do not chew gum or hard candy. • Bring your completed Pre-Procedure Questionnaire and Medication List.

FINAL CHECKLIST

- ✓ No food or drink after midnight
- ✓ Questionnaire and Medication List completed
- ✓ Responsible adult arranged to take you home

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