

UPPER ENDOSCOPY PREP INSTRUCTIONS

You have been scheduled for an upper endoscopy (also called an EGD) to examine the esophagus and stomach.

If you take any anti-coagulants (blood thinners to prevent blood clots), you should contact your physician to determine when you should stop your medicine before the procedure. Typically, patients taking warfarin (Coumadin) stop their medicine four days prior to an upper endoscopy. Patients taking the newer class of anticoagulants, such as Eliquis, Xarelto, and Pradaxa, can often stop the medicines only 1-2 days prior to endoscopy.

Anti-platelet agents, including aspirin, clopidogrel (Plavix), and Brilinta, can be continued before endoscopy.

When you come for your upper endoscopy, be sure you have a driver to take you home. You will be given a sedative during the procedure which will impair your capacity to drive safely for several hours. You are not allowed to drive yourself home from an upper endoscopy.

To ensure the best possible results from the test, you should not eat anything eight hours before the procedure. You can drink clear liquids up until four hours before the procedure, then nothing by mouth. You should take your morning medications with a small amount of water if your procedure is after 10 am. Insulin dependent diabetics should generally take half their usual dose in the morning, if your primary care provider approves.

Thank you for your cooperation. Please call Jill at 503-472-0888 extension 1 if you have any questions.

