

## **EGD (Esophagogastroduodenoscopy) Instructions**

*Please read well in advance of your procedure*

### 1. **Diet restrictions :**

- 0-6 hours prior to your arrival: NOTHING at all by mouth. No food, drink, candy, gum, mints. If you must take a medication, take it with a SMALL sip of water.
- 6-8 hours prior to your arrival: No food, milk products or juice with pulp. You may have any kind of soda, black coffee or tea with or without sugar or artificial sweetener, water, lemonade without pulp, ice pop, gum, hard candy and medication.
- 8- 12 hours prior to your arrival: You can eat a small, low-fat meal.
- 12 or more hours prior to your arrival: NO RESTRICTIONS on food or drink

### 2. **Medications:**

- You MAY TAKE aspirin and anti-inflammatory medication including ibuprofen, Advil, Motrin, Naprosyn, Voltaren, Aleve, Celebrex and others.
- You should continue your blood thinners unless undergoing endoscopy for trouble swallowing, if you have a stricture in your esophagus, if you have varices, or if you have been instructed otherwise by your gastroenterologist. **Blood thinners include:** Plavix (clopidogrel), Effient (prasugrel), Brilinta (ticagrelor), ticlodipine, Persantine, Pletal (cilostazol), Aggrenox (dipyridamole), Agrylin (anagrelide), Coumadin (warfarin), Jantoven (warfarin), Lovenox (enoxaparin) Pradaxa (dabigatran), Eliquis (apixaban), Xarelto (rivaroxaban) or any other medication which has been classified as a blood thinner.
- You may take all medicines on the day of your test and you should take the medication as early in the day as possible. If you must take a medicine within 6 hours of your procedure, swallow only a small sip of water with your pill(s).

### 3. **Driving Restrictions:**

- You cannot drive on the day of your procedure, once you have received sedation. You may drive the morning after your procedure. You may take a bus or taxi home ONLY IF you are accompanied by someone who is at least 18 years of age.
- The facility often requires your driver to sit and wait for you throughout the procedure. If your driver cannot stay, your procedure may be cancelled, depending on the facility's policy.

### 4. **Cancellation Policy:**

Your GI doctor, nurse and anesthesia providers have reserved your appointment time just for you. Therefore, you may be charged a \$100 cancellation fee if you cancel or reschedule your procedure within 4 business days prior to your appointment.

If you have any questions, please call your physician's division for further direction:

MAGIC Division: 302-225-2380 OPTION #2 or leave a message at Extension 351.

Gastroenterology Associates Division: 302-738-5300.