



EGD (Upper Endoscopy) Instructions

An Esophagogastroduodenoscopy (EGD), or upper endoscopy, is a procedure used to examine the lining of your esophagus, stomach, and the first part of your small intestine. Please follow these instructions carefully to ensure a safe and successful procedure.

Preparation Instructions

- Do not eat or drink anything after midnight the night before your procedure. Your stomach must be empty for a safe and accurate exam.
- If you take medications in the morning, please consult your physician about whether to take them with a small sip of water.
- Blood thinners (e.g., Coumadin, Plavix, Eliquis) may need to be stopped before the procedure. Please check with your prescribing physician.
- Diabetics: Do not take your oral diabetic medication or insulin the morning of your procedure. You may resume your medications after eating post-procedure.
- Arrange for a responsible adult to drive you home. You will not be permitted to drive after sedation.
- Wear comfortable, loose-fitting clothing on the day of your exam.
- Remove any jewelry, dentures, or oral appliances prior to the procedure.

What to Expect

During the procedure, a thin, flexible tube with a camera (endoscope) will be passed through your mouth and into your esophagus, stomach, and small intestine. Sedation will be administered through an IV to ensure your comfort. The procedure typically takes about 15-30 minutes.

After the Procedure

- You will be monitored in recovery until the effects of sedation wear off.
- You may feel bloated or have a mild sore throat after the procedure; this is normal and should resolve quickly.
- Do not drive, operate machinery, or make important decisions for the remainder of the day.
- You may resume your normal diet unless instructed otherwise by your physician.
- Your doctor will discuss initial findings with you after the procedure. Biopsy results (if any) may take several days.

If you have any questions or need to reschedule, please contact our office at (469) 933-2253.