

Gastroenterology Procedures Guide: EGD (Upper Scoping)

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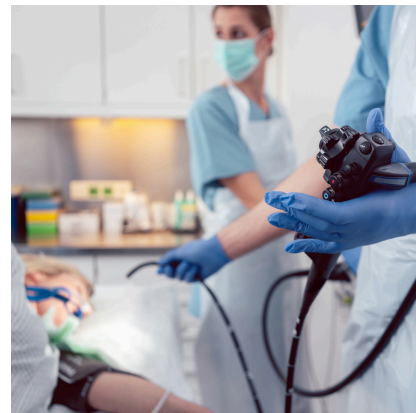
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EGD (Upper Scoping)

Instructions

You will be undergoing an EGD, which is a procedure during which a flexible tube with a camera at the end will be inserted into your mouth to allow the doctor to see the lining of your esophagus, stomach and duodenum (upper small intestine).

Important:

-No vitamins or supplements for 24 hours prior to the procedure.

-No iron supplements for 5 days prior to the procedure.

-Except for baby aspirin (81mg), do not use NSAIDS for 5 days prior to procedure. This includes ibuprofen, regular strength aspirin, meloxicam, naproxen, etc.

-Patients on anticoagulants/ blood thinners:

-If you use Aggrenox, Arixtra, Brilinta, Effient, Eliquis, Plavix, Pletal, Pradaxa, Ticlid, Xarelto, or any blood thinner (anticoagulant) or an anti-platelet drug, most patients need to stop taking these prior to the procedure.

-Please speak with your physician who orders this medication before stopping.

-If you use a blood thinner named Coumadin, Warfarin, or Jantoven, you will need special instructions about stopping this drug before the procedure.

The timing of this is very important!

• If you are followed by a Coumadin Clinic, **please contact the Coumadin Clinic for instructions before stopping**, to see if they prefer that you use an alternative anticoagulant.

• If you are NOT followed by a Coumadin Clinic, **please contact your physician who orders this for instructions.**

If you need assistance, contact the GI office for help. (607)339-0788.

THE DAY BEFORE YOUR EXAM

You can eat solid food until 8pm, though it is not suggested to have a large meal immediately before this time. From 8pm until 4 hours prior to your procedure, you can have clear liquids such as water, juice, Jello, popsicles, and coffee or tea with sugar but no creamer. See below for examples. **Do not have anything with red or purple dye, dairy, pulp or alcohol.**

THE DAY OF YOUR EXAM

You may take all of your regular/approved prescription medications up to 4 hours prior to your scheduled start time, with the exceptions as outlined above. You will need a licensed driver to take you to and from the procedure. No public transportation, taxis, Uber/ride shares, etc.

NOTHING BY MOUTH 4 HOURS PRIOR TO YOUR PROCEDURE TIME

AFTER THE PROCEDURE

- Absolutely no driving, returning to work, operating machinery, swimming, climbing ladders, or any activity that requires you to be alert and coordinated.

- You may resume your normal diet when you get home.

Going to a restaurant is not recommended.

- Resume your regular medications unless instructed otherwise.

- You may resume all usual activities the next day.

- Experiencing a sore throat for up to a few days is normal. If you have any questions or concerns, please contact our office at 607-339-0788.



Examples of Clear Liquids

OKAY TO DRINK (CLEAR)	DO <u>NOT</u> DRINK (NOT CLEAR)
Water (plain, flavored, carbonated)	Milk, ice cream, nut/coconut-based frozen desserts, pudding
Soft drinks (cola, ginger ale, etc.)	Broth, bone broth, stock
Sports drinks (Gatorade, Powerade)	Red or purple soda or sports drinks
Juice without pulp (apple, white cranberry, white grape)	Red/purple juice (cranberry, grape) AND Juice with pulp (V8, orange, mango)
Tea, coffee with sugar (no dairy)	Soups with cream, meat, vegetables
Jell-O, ice-based popsicles, Italian Ice, sorbet (yellow, blue, green)	Red or purple Jell-O/popsicles, fruit or dairy-based popsicles/Fudgsicles, sherbet
Ensure Clear/Boost Breeze nutritional drink	Ensure/Boost Original nutritional drink