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*Guthrie Ithaca Gastroenterology*  
*(607) 272-5011*

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## Upper Endoscopy (EGD) Prep

You have been scheduled for an **Upper Endoscopy (EGD)**

If you have any questions, please contact the Guthrie Ithaca Gastroenterology Clinic at:  
607-272-5011.

### Medications and diagnoses/Patients on blood thinners

- If you use a blood thinner, (ex. Coumadin, Warfarin, Jantoven, etc.) you will need special instructions about stopping this drug before the procedure. The timing of this is very important!
- If you are taking SGLT2 inhibitors, (**Brenzavvy, Invokana, Farxiga, Jardiance**, etc.) they **must be held 4 days prior** to your procedure.
- **Basal Insulin therapy ONLY** (NPH, glargine, detemir, degludec)-Take 80% of usual dose (applies to both morning and evening doses).
- **Prandial Insulin therapy ONLY** (regular, lispro, aspart, glulisine, apidra)- Discontinue all prandial insulin after fasting begins.
- **If on Basal AND Prandial Insulin therapy**- Take 50% of the usual morning dose and 80% of the usual evening dose at the prescribed time(s).
- **Mixed Insulin** (Novolog 70/30, Humulin 50/50 and 70/30, Novolin 70/30, ReliON/Novolin 70/30, Humalog Mix 75/25):
  - For Type 2 Diabetics, take 80% of usual evening dose and 50% of the usual morning dose. \*If AM blood glucose <120, omit the morning dose\*
  - For Type 1 Diabetics, take usual evening dose and 80% of the usual morning dose.
- If you are taking medications such as **Ozempic, Wegovy, Trulicity, Mounjaro, Saxenda, Rybelsus, Phentermine**: **must be held for 1 week prior** to your procedure.

**Definition:**

A small and flexible tube-like fiberoptic instrument is inserted through your mouth and into your stomach. Your doctor can then visually examine your esophagus, stomach, and opening to the small intestine.

**PROCEDURE:**

Before insertion of the scope, your throat may be sprayed with medication to numb your tongue and throat to prevent gagging. Intravenous medication will be administered to make you groggy. Mild discomfort may be experienced, but few people remember the procedure. The procedure itself will take approximately 5 to 20 minutes, and you will remain in the Endoscopy Suite until you are more fully awake. Plan to be at the procedure location for 1-2 hours.

**Prep Instructions**

- **HAVE NO MEALS AFTER 8PM THE NIGHT PRIOR.**
- **NOTHING TO DRINK AFTER MIDNIGHT.** SIPS OF WATER ARE ALLOWED UP TO 3 HOURS BEFORE THE PROCEDURE. (If you are also scheduled for a colonoscopy, on the same day as this procedure, and the colonoscopy calls for a morning laxative, you may take them as those liquids don't interfere with a stomach exam.)
- Take all prescription medication(s) up to 3 hours prior to the scheduled procedure starting time. Get specific instructions for any diabetic medications or Coumadin, Warfarin, Plavix, clopidogrel bisulfate (blood thinners) or if you have a mechanical heart valve.
- **Nothing by mouth 3 hours prior to the scheduled procedure starting time.**
- YOU MUST ARRANGE FOR A FAMILY MEMBER OR FRIEND (who must remain on the premises) to review the test results and discharge instructions with your physician and to DRIVE YOU HOME. If you do not have a driver, sedation will not be given.

**Transportation and Discharge**

- You may not take public transportation unless accompanied by someone 18 years of age or older.
- We will not continue with your procedure until we confirm with your driver by talking to them.
- You should plan on being at our facility for a minimum of 2-3 hours for your appointment. Please plan accordingly, as delays may occur.
- You may eat as soon as your throat is no longer numb. Initially, you should plan to eat lightly at home. Going to a restaurant is not recommended.