

Upper Endoscopy (EGD) Prep Guide

You have been scheduled for an Upper Endoscopy (EGD). Please read the instructions in advance. If you have any questions, please call the Guthrie Cortland Gastroenterology office at (607) 428-5700, option 3.

YOU MUST HAVE A RIDE HOME AFTER YOUR PROCEDURE

Thank you for choosing Guthrie!

Health Considerations

Medications and Diagnoses

Patients on blood thinners

If you use Aggrenox, Arixtra, Brilinta, Effient, Pletal, Pradaxa, Ticlid, Xarelto, or any blood thinner (anticoagulant) or an anti-platelet drug, you need to stop taking these prior to procedure. Please consult your provider for further information.

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

If you use Coumadin, Warfarin, or Jantoven, you will need special instructions about stopping this drug before the procedure. **Timing is very important!**

- If you are NOT followed by the Coumadin Clinic, please contact your physician who orders this for instructions.

Please note: Aspirin 81mg does NOT need to be stopped prior to procedure. However, NSAIDS such as Advil, Ibuprofen, and Aleve need to be held on the day of the procedure.

Diabetic Patients

- If you take a pill to lower your sugar, do not take it on the day of your procedure.
- If you are taking regular Insulin or NPH, do not take it on the day of your procedure.
- We recommend having products with and without sugar on hand at home to keep your blood glucose in balance during the preparation period.
- **Please speak with your prescribing physician for additional recommendations.**

If you are taking medications such as **Ozempic, Wegovy, Trulicity, Mounjaro, Saxenda, Rybelsus, Phentermine: MUST BE HELD FOR ONE (1) WEEK PRIOR TO PROCEDURE.**

PROCEDURE:

Before inserting 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 in total.

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THE DAY BEFORE YOUR PROCEDURE:

NO SOLID FOOD AFTER MIDNIGHT PRIOR TO YOUR PROCEDURE. You may drink **CLEAR LIQUIDS ONLY** up to four (4) hours prior to your procedure (i.e. if procedure is at 10:00 am, nothing to drink after 6:00 am)

DO NOT drink any liquids that are red, blue, or purple.

Clear liquid suggestions:

- Gatorade, Pedialyte or Powerade
- Coffee or tea without milk or creamer
- Carbonated and non-carbonated soft drinks
- Kool-Aid or other fruit flavored drinks
- Apple juice, white cranberry juice, white grape juice, or pulp free juice
- Jell-O, popsicles, Italian ice
- Chicken, beef, or vegetable broth
- Hard candies, sugar, honey

THE DAY OF YOUR PROCEDURE:

- Take all prescription medication(s) up to 3 hours prior to the scheduled procedure start time. Get specific instructions for any diabetic medications or Coumadin, Warfarin, Plavix, and blood thinners, or if you have a mechanical heart valve.
- **NOTHING BY MOUTH 3 HOURS PRIOR TO THE SCHEDULED PROCEDURE START TIME**

YOU MUST HAVE A RIDE HOME AFTER YOUR PROCEDURE

Sedation requires that patients make transportation arrangements.

Please be aware that you will be receiving sedation for your procedure. It will limit what you can do after your procedure until the following day.

- 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 speaking with them.
- You should plan on being at our facility for a minimum of 1-2 hours for your appointment. Please plan accordingly, as delays may occur.
- You may eat as soon as your throat is no longer numb. Initially, plan to eat lightly at home. Going to a restaurant is not recommended.

Due to sedation medication, it is unlawful to drive until the following day after a procedure and is considered driving under the influence of drugs (DUI), a punishable offense.

Procedure Information:

You may reschedule your endoscopy procedure **TWO** times. If you wish to reschedule your procedure a third time, you will be required to schedule another office consultation visit to restart the scheduling process.

Questions of concerns regarding procedure and/or prep instructions, please call the Guthrie Cortland Gastroenterology office at (607) 428-5700, option 3.

Insurance Information:

Billing, coverage, and good faith estimate inquiries: Please call (570) 887-6520.

Under the Affordable Care Act, several preventative services such as colonoscopies are covered at no cost to the patient. Guidelines are now available about which colonoscopies are defined as preventative service (screening).

For billing purposes, the procedure code for an EGD is **43239**, or **43235**.