

## UPPER ENDOSCOPY (EGD)

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PATIENT'S NAME: \_\_\_\_\_

DATE: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

CHECK IN TIME: \_\_\_\_\_

**PHYSICIAN:**

- |   |  |
|---|--|
| <input type="checkbox"/> Elizabeth Brindise, MD | <input type="checkbox"/> Brian Gootzeit, MD  |
| <input type="checkbox"/> Sabina Khan, MD        | <input type="checkbox"/> Mustafa Tiewala, MD |

**LOCATION:**

- Ridgeview – Arlington campus
- Ridgeview – Le Sueur campus
- Ridgeview Professional Building – Endoscopy (Suite 2)
- Two Twelve Medical Center – Endoscopy (Suite 320)

\*Please see the **PARKING** section for important parking and location information.

\*Contact Ridgeview's Gastroenterology department with any questions or concerns at 952.442.8011.

**PROCEDURE: Upper Endoscopy (EGD)**

*(\*Please see the 'UPPER ENDOSCOPY (EGD) PREPARATION' section for prep instructions.)*

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**NOTE:** *It is the patient's responsibility to contact their insurance company to verify coverage and benefits for a upper endoscopy procedure. If a prior authorization is required before services are rendered, please contact your primary care provider's office for a referral to be submitted.*

### WHAT IS AN UPPER ENDOSCOPY?

An upper endoscopy enables a physician to examine the inside of the esophagus, stomach and duodenum for sources of pain, bleeding or abnormalities by using a flexible, fiber optic tube.

The throat is numbed with a topical spray to help reduce gagging and intravenous (IV) sedation is used to help make the procedure more comfortable.

### POSSIBLE COMPLICATIONS

Although complications after an upper endoscopy are uncommon, it is important to recognize early signs of possible complications. Complications may include - aspiration, cardiac arrhythmia, fainting, and reactions to the medications used. A slightly irritated throat is not uncommon.

Written instructions will be given to you after the completion of the procedure that lists any symptoms to watch for.

### PREPARING FOR AN UPPER ENDOSCOPY (EGD) PROCEDURE

- + Follow any additional instructions provided to you by your physician.
- + Continue to take your regular medication the day before and the day of your procedure, except for those medications your physician told you to stop taking.
- + Prior to your appointment, write down all the medications (prescription, non-prescription, herbal supplements, etc.) you are taking. Include the dosage of the medications and the number of times they are taken each day. Bring this list of medications with you to your scheduled appointment.

- Also, list any medical conditions and allergies you have. If you take blood thinning medication - such as aspirin, Coumadin (warfarin), Pradaxa (Dabigatran), Eliquis (Apixaban), Xarelto (Rivaroxaban), or have a heart murmur, recent joint replacement or stent placement, make sure your physician is aware of this before your scheduled procedure.
- Inform your physician if you are pregnant, have any health conditions or allergies – especially to latex or anesthesia.
- + The procedure takes approximately 15 minutes, but plan to be in the Endoscopy department for 1 ½ to 2 hours. (Note: Patients requiring IV antibiotics or having a pro-time/INR drawn prior to the procedure may need to allow more time for their visit).
- + A responsible adult driver will be required to drive you home. (No taxis or shuttle services. Medical taxis are allowed.)
- + Your driver must come inside and pick you up within **two hours of dropping you off**.
- + DO NOT drive, work or make any life-altering decisions for 24 hours after the procedure.
- + If you are taking:
  - **Coumadin (warfarin):** It is recommended to stop taking this medication five days prior to your scheduled procedure. Check with your primary care provider or cardiologist BEFORE stopping these medications.
  - **Pradaxa (Dabigatran), Eliquis (Apixaban), Xarelto (Rivaroxaban) or any other blood thinner:** It is recommended to stop taking these medications two days prior to your procedure. If you have chronic kidney disease this medication should be stopped three days prior to your procedure. Check with your primary care provider or cardiologist before temporarily stopping these medications.
  - **Aspirin:** is okay to continue, unless otherwise instructed by your healthcare provider.
  - **Plavix (clopidogrel):** It is recommended to stop taking Plavix five days prior to your scheduled procedure. Check with your primary care provider or cardiologist BEFORE stopping this medication, as it may interfere with the ability to perform interventions (such as polyp removal, dilation) during the procedure.
- + If you are diabetic and take diabetes medication, contact your primary care physician or endocrinologist to discuss the dosing of your insulin and/or oral diabetic medications BEFORE your scheduled procedure. Dosages may need to be adjusted due to the modified diet one day prior to the procedure.
- + If you require antibiotics prior to surgical procedures, have a heart murmur, have a recent joint replacement or have a stent, contact your primary physician before your scheduled procedure.
- + **On the day of your procedure,** you may take essential medications with a small sip of water **by 5 a.m.** Wait to take your non-essential medications until after your procedure.
- + Please arrive at your scheduled check in time.
- + Wear loose-fitting clothing.
- + Refrain from wearing any fragrances (lotions, perfume/cologne)

## UPPER ENDOSCOPY (EGD) PREPARATION

### 1. One day prior to your procedure:

- + You may eat until midnight (the night before your procedure).  
You may drink **clear liquids up to two hours prior to your scheduled procedure time.**  
Examples of clear liquids: Gatorade, water, apple juice, soup broth/bouillon. (NO red liquids.)

Be sure to drink plenty of water throughout the day and a good variety of clear liquids. AVOID dairy products, large quantities of caffeinated products and carbonated beverages.

**\*Arlington campus patients only:** Stop drinking clear liquids six hours prior to your scheduled procedure.

- + NO alcoholic beverages 24 hours prior to your procedure.
- + NO tobacco products (cigarettes, smokeless, e-cigarettes, etc.) after midnight the night before your scheduled procedure.

## 2. Day of your procedure

- + **NO solid foods.** DO NOT eat breakfast.
- + **DO NOT drink any fluids two hours before your procedure.**

**\*Arlington campus patients only:** Stop drinking clear liquids six hours prior to your scheduled procedure

## REMINDERS

- + Bring a list of all your medications (over-the-counter and prescription) with you to your scheduled procedure.
- + You must have an adult driver to take you home following the procedure. **If you do not have someone to drive you home, your procedure will be rescheduled to another day.** You cannot use public taxis or shuttles. Medical taxis are allowed. Your driver must come inside and must come within two hours of the start of your procedure.
- + Bring your health insurance card and a photo ID with you to your procedure.

## PARKING

### Ridgeview Arlington Campus

**601 West Chandler Street, Arlington, MN 55307**

Park in the emergency room parking lot. Enter through the emergency room doors and check in at the front desk (nurses' station).

### Ridgeview Le Sueur Campus

**621 S. Fourth Street, Le Sueur, MN 56058**

Park in the outpatient clinic parking lot. Enter through the doors with the large canopy and check in at the front desk (registration).

### Ridgeview Professional Building

**Endoscopy - Suite 2**

**560 South Maple Street, Waconia, MN 55387**

Park in the main parking lot located across from the main entrance of the hospital. Take the elevator down to the "Pond Level" (-2 floor).

### Two Twelve Medical Center

**Endoscopy - Suite 320**

**111 Hundertmark Road, Chaska, MN 55318**

Park in the patient parking lot and proceed to the third floor.