

Preparing for Your EGD

You have been scheduled for an Upper GI endoscopy, sometimes called an EGD (esophagogastroduodenoscopy). This is a visual examination of the upper intestinal tract using a lighted, flexible fiber-optic or video endoscope. Please follow these preparation instructions carefully and don't hesitate to call our office with questions or concerns.

IF YOU ARE TO BE SEDATED, A RESPONSIBLE DRIVER MUST REMAIN IN THE FACILITY THROUGHOUT YOUR APPOINTMENT. (~90 minutes total). NO EXCEPTIONS.

Please read all instructions thoroughly.

Call us immediately at 801-619-1115

if you have severe allergies to soy beans or eggs.

The Night Before Your Exam

- Stop eating all solid food at **midnight (12:00 AM)** the night before your exam.
- You may drink **CLEAR** liquids up until **2 hours** before you arrive.
- Clear liquids include: Water, sports drinks, black coffee, tea, any soda (light or dark), broth, Jell-O, popsicles, and juices without pulp (NOTHING RED OR PURPLE).
- **NOTHING BY MOUTH FOR 2 HOURS BEFORE YOU ARRIVE!** (This includes water, gum and mints. **NOTHING** by mouth.)

Medications:

- Take all your regularly prescribed medications at least two (2) hours before you arrive. **If you have an inhaler, please bring it with you.**

Diabetics:

- Test your blood sugar before coming in for your procedure and bring the reading with you.
- If you take oral medication or insulin, **DO NOT** take it the morning of your procedure.
- Bring your insulin with you.
- Please contact the physician that manages your diabetic care if you have any questions regarding your oral medication or insulin dosages.

Blood Thinners:

- If you are taking blood thinners, call your prescribing physician and ask if you may stop taking the medication for the required amount of time prior to your procedure.
- You may continue taking aspirin, ibuprofen and other anti-inflammatory medications.

Bring with you:

- **Completed paperwork forms** that were sent to you
- **Photo ID and Insurance Card**
- **List of all medications**, vitamins and supplements you are taking (include dosage and last date and time each medication was taken before your arrival)
- **Wear a short-sleeved shirt**

Arrive at the Endoscopy Center at your scheduled registration time. Call us with any questions regarding your preparation.

Granite Peaks Endoscopy Center
10150 S Petunia Way, Sandy, UT 84092
801-619-1115