Granite Peaks Gastroenterology
1393 E Sego Lily Dr (Building 1)
Sandy UT 84092
801-619-9000

GRANITE PEAKS GASTROENTEROLOGY | GRANITE PEAKS ENDOSCOPY

Granite Peaks Endoscopy
10150 S Petunia Way (Bldg 2)
Sandy UT 84092
801-619-1115

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*. (~2 hours total). NO EXCEPTIONS.*****

Please read all instructions thoroughly.

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.)**

Blood Thinner Instructions Before Your Procedure

If you are scheduled for an upper endoscopy (EGD) or colonoscopy and take a blood thinner (anticoagulant) or antiplatelet medication, special planning is required to safely manage your medication before your procedure.
IMPORTANT: Do NOT stop your medication on your own. Stopping blood thinners incorrectly can increase your risk of stroke, heart attack, or blood clots. You must follow instructions from your prescribing physician (the doctor who manages this medication).
*****These are general guidelines. Your plan may differ based on your medical history.*****
• Eliquis (apixaban), Xarelto (rivaroxaban), Pradaxa (dabigatran): Usually held 2–3 days before procedure.
• Warfarin (Coumadin): Usually held 5 days before procedure; some patients may need bridging.
• Plavix (clopidogrel), Brilinta, Effient: Usually held 5–7 days before procedure.
• Aspirin: Usually continued (do NOT stop unless instructed)

*****NOTICE: OUR OFFICE MAY CALL THE DAY PRIOR TO ADJUST YOUR ARRIVAL TIME AS WE FINALIZE THE CENTER'S SCHEDULE.*****

Medications:

- **Take all your regularly prescribed medications** at least two (2) hours before you arrive.

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.
- 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. Please be sure to have a **signed clearance letter** sent to our office or bring one with you for your chart.
- You may cotinue taking aspirin, ibuprofen and other anti-inflammatory medications.

Bring with you:

- **Your inhaler, if you use one**
- **Your insulin, if you use it**
- Completed registration forms, **if you did NOT use online registration**
- **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**

Find Additional Information and Instructions on Our Website
www.GranitePeaksGI.com

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