



Carolinus HealthCare System
Mecklenburg Medical Group

Preparation Instructions:
Upper Endoscopy (EGD)
Esophagogastroduodenoscopy

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You are scheduled for an upper endoscopy, also known as an esophagogastroduodenoscopy. This procedure is an examination of the inside of your esophagus, stomach and first part of the small intestine. This will be done with a fiber optic endoscope, which is a flexible lighted tube that directly visualizes the inside of your gastrointestinal tract.

Please remember to arrange a responsible adult to stay with you during your procedure and drive you home. If you do not have a responsible adult your procedure will be cancelled and rescheduled. Please review the preparation schedule below for the days preceding your upper endoscopy. Should you need further assistance please call your physician's office.

1 Week Prior	1 Day Prior	Procedure Day
<ul style="list-style-type: none">▶ Arrange for a driver to stay with you during the procedure and take you home post-procedure.▶ If you take fiber supplements or medications containing iron discontinue those 7 days before your appointment. This includes multi-vitamins with iron.▶ If you have diabetes you have been given a diabetic prep sheet.▶ You may continue taking your "baby" aspirin or regular aspirin. Let us know if you are on Plavix, Coumadin, or other blood thinners.▶ Stop taking these medications: <hr/> <ul style="list-style-type: none">▶ Last chance to cancel appointment.▶ Please call your physician's office if you need to reschedule your appointment.	<ul style="list-style-type: none">▶ Fill out Health History form. Bring this form with you to the appointment.▶ Confirm your transportation home with a responsible adult driver.▶ Morning procedures: Do not eat or drink anything after midnight the evening before your procedure.▶ Afternoon procedures: Do not eat or drink anything after 8 am the day of your procedure.	<ul style="list-style-type: none">▶ You may take your essential morning medications with a few small sips of water, unless otherwise directed by your physician.▶ Be sure to bring the following:<ul style="list-style-type: none">- Responsible adult driver to stay with you and drive you home- Insurance Cards- Any co-insurance fees due- Health History form- Driver's License▶ Arrive one hour before scheduled procedure time. <hr/> <p>Staff initials providing prep instructions including date.</p>