



## *Esophagogastroduodenoscopy Preparation Instructions*

### **EGD Preparation**

#### **PLEASE READ ALL INSTRUCTIONS ON THE DAY THAT YOU RECEIVE THEM**

Thank you for following these important instructions.

With your help, we look forward to providing a competent and thorough examination for you.

#### **EGD- esophagogastroduodenoscopy (Understanding your Procedure)**

Your doctor has ordered an endoscopic examination of the upper gastrointestinal tract (EGD). This test examines the lining of the esophagus, stomach, and the first section of your small intestine. It is performed using a flexible scope that is advanced into your upper gastrointestinal tract through your mouth. The tube is thinner than most foods that you swallow.

If any abnormalities are seen, biopsies (small pinches of tissue) can be taken through the endoscope. The biopsies are usually painless. Any biopsies taken will be sent to the laboratory for examination. The actual exam only takes about 10-30 minutes. If biopsies are taken, the results will be sent to the Northern Arizona Gastroenterology office and you will be contacted within 10 days regarding your results. If you have not heard from the office in this time period, do not hesitate to follow up and call the office at 928-773-2547 or 800-859-2547.

#### **What to bring to Forest Canyon Endoscopy and Surgery Center:**

- A responsible driver: **You must have a responsible adult 18 years of age or older accompany you, who will stay at Forest Canyon Endoscopy and Surgery Center for the entirety of your procedure. You may use public transportation, although you will still need a responsible adult to accompany you, stay at the facility, and accompany you home. (Failure to comply may result in a cancellation of your procedure).**
- The completed enclosed forms.
- A copy of your insurance card.
- A photo ID.

#### **What to wear:**

- Comfortable loose fitting clothing that is easy to step into.
- Flat shoes or tennis shoes.
- Do not wear jewelry or bring valuables.

*If you need to cancel or reschedule your appointment please call our office at 928-773-2547 or 800-859-2547 at least 3 days prior to your procedure, otherwise you may be held responsible for a \$100.00 fee that cannot be billed to your insurance.*

<p>5 Days Before Your Endoscopy</p>	<ul style="list-style-type: none"> <li>• Read all preparation instructions.</li> <li>• If you take prescribed blood thinners, (Coumadin, Plavix, and Warfarin) please consult your cardiologist/primary care physician before stopping your medication. If you are unable to stop your medications please call your GI doctor as soon as possible at 928-773-2547.</li> <li>• Stop taking herbal supplements, vitamins, and oral iron supplements.</li> <li>• If you take cardiac or blood pressure medication, please take them as usual, including Aspirin.</li> <li>• Arrange for a responsible driver to stay with you during your procedure.</li> <li>• Expect phone call from a Forest Canyon Pre-op Nurse at least 5 days prior to your procedure.</li> </ul>
<p>1 Day Before Your Endoscopy</p>	<ul style="list-style-type: none"> <li>• Complete all forms.</li> <li>• Obtain names of physicians you want to receive a copy of your procedure report.</li> <li>• No food after midnight.</li> </ul>
<p>The Day of Your Endoscopy</p>	<ul style="list-style-type: none"> <li>• <b>NO SOLID FOOD, NO Gum, NO Hard Candy</b></li> <li>• <b><u>NOTHING BY MOUTH 6 HOURS PRIOR TO YOUR PROCEDURE.</u></b></li> <li>• <b>*For your safety, your procedure may be canceled if you eat or drink anything 3 hours prior to your procedure.</b></li> <li>• <u>Your responsible driver must stay at Forest Canyon for the entirety of your procedure.</u></li> <li>• <b>*If you are unable to have a responsible party at the facility for the duration of your procedure, it may be canceled.</b></li> <li>• You may take your morning medications with a sip of water <b>3 hours</b> prior to your procedure.</li> <li>• Take your Steroidal Inhalers (Pulmicort, Flovent, QVAR, Azmacort, and Asmanex) please use <b>2 hours</b> prior to your procedure.</li> <li>• Bring your photo ID and insurance card to Forest Canyon Endoscopy and Surgery Center.</li> </ul>

If you are affected by any of the conditions listed below, please follow these instructions.

<p><b>Diabetes</b></p>	<p>Check with your physician that manages your diabetes and inform them that you will be having an Upper Esophagogastroduodenoscopy (EGD), and check your blood sugars frequently.</p> <ul style="list-style-type: none"> <li>• We recommend that you take only ½ of your normal dose of diabetic medication or insulin the day before the procedure.</li> <li>• <b>No diabetic medication or insulin the day of your procedure.</b></li> <li>• If your blood sugar falls too low you can treat it with clear juice, clear non-diet soda, or glucose gel, although nothing 3 hours prior to your procedure.</li> <li>• If you have questions or concerns please call Forest Canyon Endoscopy and Surgery Center at 928-774-3044 and a nurse can help to clarify these recommendations.</li> </ul>
<p><b>Aspirin</b></p>	<p>If you are taking aspirin for your heart, it is recommended to continue taking your usual dosage.</p>
<p><b>Iron, Herbal Supplements, Vitamins</b></p>	<p>Please stop taking your iron, herbal, and vitamin supplements, 5 days prior to your procedure.</p>
<p><b>Blood Pressure</b></p>	<p>Continue to take your blood pressure medication as directed. If you have a morning appointment and generally take your medications in the morning, please do so at least 3 hours prior and with only a tiny sip of water.</p>
<p><b>Coumadin, Plavix, Heparin, Lovenox, or other Anticoagulants</b></p>	<p>Blood thinning medications should be stopped 5 days prior to your procedure. Check with your physician who prescribed your medication as to how to take it before and after your procedure. If you cannot contact your physician, please contact your GI physician as soon as possible at 928-773-2547. If you take Coumadin, and will continue during the week before you are scheduled, you may need a STAT blood test two hours prior to your procedure. Please do not assume that you can safely follow the same medication adjustments that have been made for any previous procedures.</p>
<p><b>Steroidal Inhalers</b></p>	<p>Please use your steroid inhalers (Pulmicort, Flovent, QVAR, Azmacort, and Asmanex) <b>2 hours</b> prior to your procedure, and bring all your inhalers with you to your appointment.</p>
<p><b>Prophylactic Antibiotic Treatment</b></p>	<p>As of 2012, there are only two known indications for antibiotic prophylaxis before any gastrointestinal procedure</p> <ol style="list-style-type: none"> <li>1.Cirrhosis WITH acute GI bleeding</li> <li>2.Cystic lesions along the GI tract</li> </ol> <p>Other than these two indications, antibiotic prophylaxis is never recommended for an EGD procedure.</p> <p>Contrary to conventional practice (in some locations), antibiotic prophylaxis for an EGD procedure is <b>not</b> recommended for any orthopedic condition, including artificial joints; or for any cardiac condition, including valvular and non valvular cardiovascular devices or synthetic vascular grafts.</p> <p>The reasoning for this is as follows:          Although bacterial translocation of endogenous microbial flora into the bloodstream may occur during an endoscopy because of mucosal trauma related to the procedure. Endoscopy-related bacteremia carries a small risk of localization of infection in remote tissues i.e., infective endocarditis (IE). As you can see from this chart below, there is a greater risk of bacteremia from flossing teeth or using a toothpick, than there is from an EGD or colonoscopy procedure:  <b>TRANSIENT BACTEREMIA</b></p> <ul style="list-style-type: none"> <li>• 0% to 25% for Colonoscopy and EGD – Lowest Risk</li> <li>• 7% to 51% for just Chewing Food</li> <li>• 20% to 40% for using a Toothpick</li> <li>• 20% to 68% for Flossing Your Teeth</li> </ul>

