

Upper Endoscopy (EGD) Instructions

Important Notes:

- Endoscopies are most successful on a **COMPLETELY EMPTY STOMACH!** Please follow these instructions carefully.
- You **MUST** have someone drive you home after the procedure. Please arrange your ride accordingly.
- Please bring your insurance cards and photo identification on the day of your procedure.
- If you have a history of unsuccessful EGD or gastroparesis, we recommend a clear liquid diet for one day prior to your EGD. If Dr. Zheng did not discuss this with you during your pre-op, please notify us 7 days in advance, and we will guide you through the preparation.

5-7 Days Prior to the Procedure:

- Please **stop** taking the following medications:
 - Blood thinners/anticoagulants: Coumadin (warfarin) and Jantoven
 - Antiplatelet medications: Plavix, Pletal, Aggrenox, Agrylin, Effient, etc.
 - NSAIDs: Ibuprofen, Advil, Aleve, Motrin, naproxen, diclofenac, celecoxib, indomethacin, etc
 - Please note: Ticlid (ticlopidine) should be stopped about 10-14 days prior.
- You may continue to take Tylenol (acetaminophen), if needed.
- If recommended by your doctor, you may continue taking Aspirin (for cardiovascular conditions).

2-3 Days Prior to Procedure:

- Please **stop** taking the following blood thinners: Pradaxa, Xarelto, Eliquis, etc.

12 Hours Prior to Procedure:

- Please **stop** taking the blood thinners/anticoagulants Lovenox.

Midnight Prior to the Procedure: **Do NOT consume any solid by mouth**, clear liquid is OK

6 Hours Prior to Procedure: Stop taking any clear liquid, even water, ice chips etc

3 Hours Prior to Procedure:

- If you take heart, blood pressure, or seizure medication regularly, you can take your medication with a small sip of water at this time.
- Otherwise, continue to take **NOTHING BY MOUTH.**

After Your Procedure:

- Dr. Zheng will review the results with you before you leave.
- If any polyps were removed or any biopsies were taken, the pathology reports will be available in 1-2 weeks via follow up appointment or email, per your preference.
- All results and recommendations will also be shared with your primary care provider/referring physician.

If you have any questions or concerns, please call our office at (925) 384-9276.