

EGD

(Esophagogastroduodenoscopy)



THE OHIO STATE UNIVERSITY
WEXNER MEDICAL CENTER

Please review all the instructions about your test and prep as soon as you get them, so you can prepare. You may need to change some of your medicines.

If you need to **cancel or change your test appointment, call 614-293-8784.**

If you have any **questions about your test or prep instructions, call 614-293-6255** and ask to talk with a nurse.

You need to have an adult come with you to your test

You will be given medicine to help you relax during the test that will affect your judgement and reflexes much of the day. For your safety, **you will need a responsible adult to drive you home after the test. Your driver needs to check in for the test with you. If your driver doesn't check in with you, we will need to speak to your driver before we can start your test. Your test will be delayed or cancelled if we cannot speak to your driver.**

- If your driver leaves the facility during the test, **he or she needs to give the staff a phone number where he or she can be reached. Your driver needs to be within 30 minutes** of the endoscopy unit.
- If you take a cab, bus, or medical transportation service home after the procedure, **an adult, other than the driver needs to ride with you** for your safety.
- You should have **an adult with you to help you after the test at home for at least 6 hours.**

You may need to make changes to your medicines

If you take aspirin or NSAIDs, such as ibuprofen, naproxen, or Celebrex for pain, you **do NOT need to stop** taking these medicines before this test.

If you take medicines for diabetes, ask the doctor who ordered your diabetes medicine how to adjust your medicines for this test.

If you take any of the blood thinner medicines listed below:

- Ask the doctor who ordered this medicine if it is safe for you to stop taking this medicine before the test. **If you have a stent or certain other health problems, do NOT stop taking these medicines.**
- **If your doctor has advised you to NOT stop taking these medicines before the test, please call 614-293-6255 and ask to talk to a nurse.**
- If your doctor agrees you should stop taking any of the medicines listed below, stop for the listed number of days before your test or as your doctor recommends:

- Brilinta (Ticagretor) – 5 days
- Coumadin (Warfarin) – 5 days
- Effient (Prasugrel) – 7 days
- Eliquis (Apixaban) – 2 days
- Lovenox (Enoxaparin) – 1 day

- Plavix (Clopidogrel) – 5 days
- Pletal (Cilostazol) – 5 days
- Pradaxa (Dabigatran) – 2 days
- Savaysa (Edoxaban) – 2 days
- Xarelto (Rivaroxaban) – 1 day

About the test

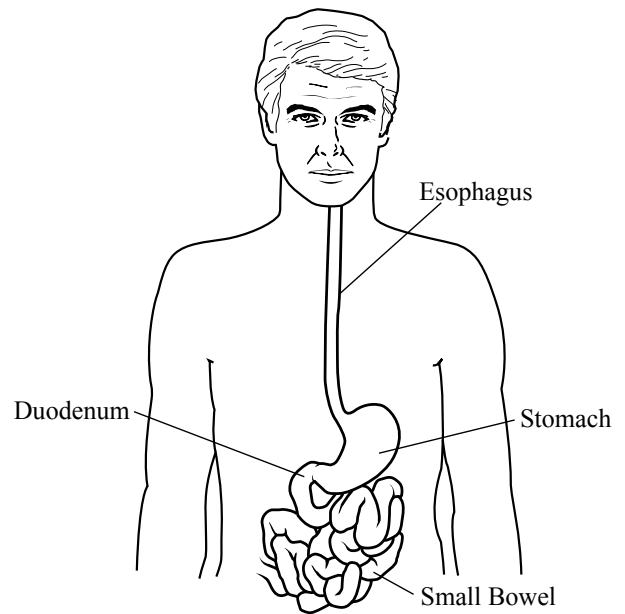
An **EGD** is also called an **upper endoscopy**. It is done with a narrow, flexible tube that has a camera and lights that goes in through your mouth into the upper digestive tract. It allows your doctor to look into your esophagus, stomach, and part of the small intestine called the duodenum.

These tests help your doctor diagnose illnesses and make plans for treatment if needed.

Evening before the test

You may eat your regular meals until 8 hours before your test. Then you can drink clear liquids up to 4 hours before your test. These clear liquids are allowed, but **avoid all red colored liquids**:

- Water
- Fruit juices that you can see through, such as apple, white cranberry, or white grape
- Popsicles or ice chips
- Ginger ale or lemon-lime soda
- Gatorade, other sports drinks, or other drink mixes like Kool-Aid
- Clear broth or bouillon
- Jell-O
- Coffee or tea with no milk or cream added



Morning of the test

1. **You can drink clear liquids up to 4 hours before your test.** You can take a small sip of water to take blood pressure, heart, seizure, or pain medicine **within 2 hours of your test.** Your test will be delayed or cancelled if you drink anything other than a sip of water with medicines.
2. Please leave all valuables and jewelry including piercings at home.
3. Female patients should come prepared to give a urine sample in case a pregnancy test is needed.
4. Bring these with you to your test:
 - A list of all medicines, including prescription and over the counter medicines and any vitamin or herbal products you are taking
 - A list of your allergies
 - List of medical conditions and previous surgeries
 - A copy of advanced directive, such as a living will or health care power of attorney
 - Your photo identification, insurance card, and co-payment if needed

Plan to arrive at the arrival time on your letter, so the staff can get you ready. Expect to be here 2 to 4 hours for your test and recovery time.

Having the test

- After you have registered, you will change into a hospital gown.
- A nurse will review your medicine list and medical history.
- An intravenous (IV) line will be placed to give you medicine during the test. Let the nurse know right away if you have had problems having an IV placed in the past.
- When the nurse has you ready, you will be taken to a private room where your test will be done.
- You will be given a consent form to read over. The doctor will talk to you and go over the consent form. Ask any questions that you have about the test before you sign the form.
- You will be given medicines in your IV to help you relax. You will likely rest on your left side.
- Your throat may be sprayed with a numbing medicine.
- The doctor will pass another tube through your mouth and into your esophagus, stomach, and duodenum.
- The test will take about 15 minutes.

After the test

- You will be taken to a recovery area for 30 to 45 minutes.
- You will then change back into your clothes.
- The doctor will speak with you and your family member before you leave.
- Plan to take the day off of work and rest at home after the test.
- For your safety, it is best to have an adult with you for at least 6 hours at home.
- The medicine given during the test can cause you to have memory changes and impair your judgment. **Do not drive a motorized vehicle or operate heavy machinery. Do not sign any papers or make any legal decisions.**

Talk to your doctor or health care team if you have any questions about your care.

For more health information, contact the Library for Health Information at **614-293-3707** or e-mail **health-info@osu.edu**.