

PREPARING FOR YOUR UPPER ENDOSCOPY (EGD)

An upper endoscopy/EGD is a procedure in which a thin, flexible tube (endoscope) with a light and camera at its tip is passed through the mouth and used to examine the esophagus, stomach, and duodenum (beginning of the small intestine). Biopsies are sometimes performed. An anesthesia team will give you sedation, and you should not have pain or discomfort during the procedure.

ONE WEEK BEFORE YOUR PROCEDURE

- **Those on Diabetic Medications:** Discuss the clear liquid diet with your diabetes physician and see if you need to adjust your insulin. Canagliflozin (Invokana), dapagliflozin (Farxiga), or empagliflozin (Jardiance), are often **STOPPED 3 days prior to the procedure**. Ertugliflozin (Steglatro) is often **STOPPED 4 days prior to the procedure**.
- **Those on GLP1 medications for diabetes and/or weight loss:** Due to risks of delayed gastric emptying and increased risk for regurgitation and aspiration, GLP-1 medications such as liraglutide (Victoza, Saxenda), dulaglutide (Trulicity), semaglutide (Ozempic, Rybelsus, Wegovy), tirzepatide (Mounjaro, Zepbound), and exenatide (Bydureon BCise, Byetta) **should be STOPPED 1 week prior to the procedure**. Check with your prescribing physician to see if holding your medicine is safe or if you need to use another medication. **Please contact us as soon as possible if you are unable to stop these medications.**
- **Those on Blood Thinners:** Warfarin (Coumadin), Heparin, and Plavix are frequently stopped 5 days prior to the procedure. Eliquis, Pradaxa, and Xarelto are frequently stopped 2 days prior. Lovenox is frequently stopped 24 hours prior. **Check with your prescribing physician to be sure it is safe for you to do so.**

THE DAY BEFORE YOUR PROCEDURE

- Patients with **normal stomach emptying** may eat **solid foods up until midnight** the day before your procedure.
- If you have **constipation, slow gastric emptying, gastroparesis or if you have had food in the stomach before on an endoscopy**, you should **drink CLEAR liquids only** the day before your procedure.
- **Certain medications** such as antidepressants, anti-Parkinson's medications, and glucagon-like peptide 1 (GLP-1) medications such as liraglutide (Victoza, Saxenda), dulaglutide (Trulicity), semaglutide (Ozempic, Rybelsus, Wegovy), tirzepatide (Mounjaro, Zepbound), or exenatide (Bydureon BCise, Byetta) can be associated with delayed stomach emptying. **If you are taking any of these medications, drink CLEAR liquids only** the day before your procedure.
- **All patients should have CLEAR liquids ONLY *after midnight and up until 3 hours before the procedure.***
- Do NOT consume anything **red or purple** in color, anything with dairy, or any alcoholic beverages. **ALLOWED** clear liquids include water, bouillon, broths, tea (no creamer), black coffee (no creamer), Jell-O, popsicles, clear juices (apple or white grape), sports beverages, and soft drinks. **DO NOT EAT ANY SOLID FOODS after midnight the day prior to your procedure.**

THE DAY OF YOUR PROCEDURE

- On the morning of the procedure, **take all your routine blood pressure, heart, and seizure medications with a sip of water**. STOP all clear liquids 3 hours before the procedure and take nothing else by mouth.
- **A RESPONSIBLE ADULT (18 years or older) MUST accompany you** and must remain with you and **ACCOMPANY YOU HOME** due to the sedation. You and a responsible adult can take a taxi/Uber/Lyft to your procedure, but the responsible adult must remain with you and must accompany you home.
- **Arrive at least one hour prior to your procedure.** When you arrive for your procedure, you will be asked to show a **government-issued driver's license**, passport, or identification card. Your procedure will be **CANCELLED** if you do not have your ID with you.

(continued on next page)

FREQUENTLY ASKED QUESTIONS

Will the procedure be uncomfortable?

- For most patients, there is no pain or discomfort at all.

What clear liquids are OK?

- Chicken or beef broth, popsicles, apple juice and white grape juice, flavored sparkling water
- Sprite and Ginger ale, Pedialyte, Crystal Light, Gatorade (not red or purple)
- Jell-O (not red or purple)
- Black coffee or tea (without creamer)

OUR LOCATIONS

You have been scheduled with Dr. _____ at _____ on _____. Please arrive by _____ at the Endoscopy Center of the following location:

___ 1365 Clifton Road, Building B, 1st floor, Atlanta, GA 30322

___ 4555 North Shallowford Road, Dunwoody, GA 30338

___ 2665 North Decatur Road, Suite 740 (7th floor), Decatur, GA 30033

___ Emory University Hospital, 1364 Clifton Road, 3rd floor (AB elevators), Atlanta, GA 30322

___ Emory St. Joseph's Hospital, 5665 Peachtree Dunwoody Rd., 1st floor, Admissions desk, Dunwoody, GA 30342

___ Emory Johns Creek Hospital, 6325 Hospital Pkwy, 1st floor, Johns Creek, GA 30097

___ Emory Decatur Hospital, 2701 N. Decatur Rd, ground floor- Diagnostic Treatment Center, Decatur, GA 30033

___ Spivey Station Surgery Center, 7813 Spivey Station Blvd, #100, Jonesboro, GA 30236

INSURANCE BILLING QUESTIONS: Please call 404-778-7318 for any insurance questions or out-of-pocket costs.

CANCEL / RESCHEDULE: To cancel, re-schedule, or if you have any questions, please call 404-778-3184 or contact us via MyChart. If you need to reschedule or cancel your appointment, please do so at least 5 business days in advance to avoid a late cancellation fee.

Thank you for choosing Emory for your endoscopic procedure.



The Emory Clinic
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