



**PATIENT
EDUCATION**

Preparation Instructions: Esophagogastroduodenoscopy EGD

It is very important to follow all the instructions to prepare for your EGD. Your stomach must be empty, so the provider can see during the EGD.

Preparing for the EGD

- The day before your EGD, you will need to start preparing your stomach.
- Please follow all instructions carefully. If you do not follow the directions properly, then your EGD may be canceled.

Medication information

Some of the medicines you take may need to be stopped or adjusted temporarily before your EGD.

- **Blood thinners**
 - such as Coumadin (warfarin), Ticlid (ticlopidine hydrochloride), Agrylin (anagrelide), Xarelto (Rivaroxaban), Pradaxa (Dabigatran), Pletal (Cilostazol), Brillinta (Ticagrelor), Eliquis (Apixaban), Effient (Prasugrel), and Plavix (Clopidogrel).
 - You must speak with your prescribing provider or the specialist at least 2 weeks before the scheduled EGD. Do not stop these medications without the consent of your provider.
- **Insulin and diabetes medications**
 - Please call the provider that monitors your glucose levels. Your medications may need to be adjusted due to the diet restrictions required for an EGD. Do not stop these medications without the consent of your provider.
- **Aspirin**
 - You may take your Aspirin as prescribed with a sip of water.

Morning / afternoon check-In (6:30 a.m. to 3:45 p.m.)

The day of your EGD

- Remember, your stomach must be empty of solids so that your provider can have a clear view of the area.
- You may have solid foods until eight hours before your check-in time.
- You may drink clear liquids until two hours before your check-in time.
- A clear liquid diet includes:
 - Water, black coffee, or tea (no milk or cream), clear broth or bouillon, Gatorade, carbonated or non-carbonated soft drinks (Coke, Sprite), strained fruit juices without pulp (apple, white grape, white cranberry), Jell-O, and popsicles. **Remember, NO RED OR PURPLE LIQUIDS.**

- Avoid red or purple liquids, dairy products, protein shakes, alcoholic beverages, chewing tobacco, and illicit drugs. The use of these will result in your EGD being canceled.
- You may take your medications as directed with a sip of water.

Notes / Other Instructions: