



WHAT TO EXPECT

Upper Endoscopy (EGD) Instructions

This procedure uses an endoscope. This is a flexible tube with a light and camera at the end. You receive medicine into a vein to help you relax. A local anesthetic may be sprayed into your mouth to prevent you from coughing or gagging when the scope is inserted. A mouth guard is used to protect your teeth and the scope. You then lie on your left side. The scope is inserted through the esophagus (food pipe) to the stomach and duodenum. Air is put through the scope to make it easier for the doctor to see. The lining of the esophagus, stomach, and upper duodenum is examined. Biopsies can be taken through the scope. Biopsies are tissue samples that are looked at under the microscope. Different treatments may be done, such as stretching or widening a narrowed area of the esophagus. After the test is finished, you will not be able to have food and liquid until your gag reflex returns (so you do not choke).

To ensure a successful exam, please follow all instructions carefully.

You must arrange a ride for the day of your exam. If you fail to arrange acceptable transportation, your procedure will need to be rescheduled. An uber or taxi is not an acceptable form of transportation without someone accompanying you.

Medication Management:

Let Dr. Adeyefa and the Allied GI staff know:

If you take a blood thinner like Plavix, Pradaxa, Clopidogrel, Coumadin, Warfarin, Effient, Prasugrel or Lovenox as these medications will need to be held prior to the procedure and may require clearance from your Cardiologist.

If you are a diabetic, take half of your insulin dose the day of the procedure.

If you have high blood pressure, take your medication the day of the procedure.

If you take aspirin or NSAIDS such as Advil, Motrin, Celebrex or Ibuprofen, you should discuss this with your physician in advance of the procedure.

Please call our office if there are any questions regarding this procedure.

Procedure Date: _____ Procedure Time: _____

Follow-Up Date: _____ Time: _____

LOCATION:

- ☐ **NORTH CYPRESS MEDICAL CENTER:** 21212 NORTH WEST FREEWAY CYPRESS, TX, 77429; PHONE: 832-912-3500
- ☐ **METHODIST WILLOWBROOK HOSPITAL (NORTH PAVILLION):** 18220 TOMBALL PARKWAY HOUSTON, TX, 77070; PHONE: 281-737-1000
- ☐ **CYPRESS FAIRBANKS HOSPITAL:** 10655 STEEPLETOP DRIVE HOUSTON TX, 77065; PHONE: 281-890-4285

Patient Initial _____