

Getting Ready for Upper Gastrointestinal Endoscopy

Your doctor wants you to have an upper gastrointestinal endoscopy (EGD). This handout will tell you about the test and how to prepare for it.

Upper Gastrointestinal (GI) Endoscopy (EGD)

This is a test that looks at your esophagus (food tube), stomach and the upper part of the small intestine. A doctor will pass a viewing tube through your mouth into the stomach. This test will help find the cause of abdominal pain, heartburn, and trouble with swallowing or bleeding. An EGD is better at finding many problems in the upper GI tract than an X-ray.

During the test the doctor can also take a small piece of tissue (a biopsy) to send to the lab if we need to look at an area more closely. Doctors take biopsies for many reasons. You will not be able to feel this part of the test.

1 Week Before Test

Arrange Transportation

Due to the sedation medicines, you must have a responsible adult drive you home. It is recommended that you are observed for at least 6 hours after discharge.

Health Changes

Please tell us about any major health changes, illnesses, or recent hospital stays you have had since you scheduled your test. If at any time you have symptoms of illness (cough, stuffy nose, sore throat, fever, body aches, chills), please call the procedure center to reschedule your test. You should not have this test while ill.

Blood Thinners and Diabetes Medicines

You **must** call the doctor who prescribes this medicine to see if you need to stop or adjust your medicine before your test. Your doctor will tell you how to safely do this.

The UW Digestive Health Center suggests talking to your doctor using the included table. That doctor should give you the final advice on stopping these medicines.

Ask your doctor about your bleeding risk with this test. If your doctor feels your bleeding risk is low, they will likely have you follow the schedule below to stop your blood thinning medicines. If your doctor feels your bleeding risk is high, they may have you follow a different timeline.

The list below has common blood thinning medicines. It does not include **all** blood thinning medicines.

Name of Medicine	When to Stop
Prasugrel (Effient)	7 days before
Warfarin (Coumadin)	5 days before
Clopidogrel (Plavix)	5 days before
Ticagrelor (Brilinta)	5 days before
Dabigatran (Pradaxa)	1 day before
Cilostazol (Pletal)	1 day before
Rivaroxaban (Xarelto)	1 day before
Apixaban (Eliquis)	1 day before
Edoxaban (Savaysa)	1 day before

If your prescribing provider tells you to **not** hold your medicine, please call the Digestive Health Center at **608-890-5010**, as this may affect your procedure.

Test Day

Diet

Begin **clear liquid diet** after midnight. Clear liquids include:

- Water, clear sports drinks like Gatorade®
- Broth
- Black coffee, tea, soda
- Apple juice
- Jell-O®
- **No** creamers, milks or other dairy products
- **No** red or purple liquids or Jell-O
- **No** solid food
- **No** liquids with ‘pulp’

Stop drinking everything, even water, **4 hours before** you arrive.

Medicines

If you need to take medicine during the 4 hours before your arrival, drink no more than 1/2 cup of water (4 ounces). Follow your provider’s directions for your diabetes or blood thinning medicines.

What to Bring

- CPAP or BiPAP and any inhalers that you use.
- Eyeglass or contact lens case, denture cup.
- Ostomy supplies.
- Wear comfortable clothing.
- Phone number for your driver.

Do **not** bring:

- Jewelry
- Money
- Other valuables

Before the Test

- When you arrive, you can choose if your driver waits in the waiting room or in your private room where they will hear private health information.
- The doctor will talk with you, answer questions, and ask you to sign a consent form.
- A nurse will review your health history, take your vital signs and attach a heart monitor.
- A nurse will place an IV and give you medicines to help you relax and keep you comfortable.
- Your visit will take about 2-3 hours.

After the Test

- Your doctor will review the results and give you a report. We strongly suggest that you have your driver in the room with you to hear the results.
- You may feel tired when you leave.
- Spend the day resting at home. You cannot drive or return to work. You can return to your normal routine the next day.
- You may have a mild sore throat. Salt-water gargles should help.
- If you stopped blood thinning medicine before your test, ask when it can be restarted.

Results

If you have biopsies taken or polyps removed, you can expect to get lab results 1-2 weeks later. Your results will be sent to your MyChart account. If you don’t have a MyChart account, someone will call you with results or results will be mailed to you.

Who to Call

Patient Resources

(If you need help finding a ride to and from your test)

(608) 821-4144

Digestive Health Center

(608) 890-5010

UW Hospital GI Procedure Clinic

(608) 263-8094

Meriter/Unity Point

(608) 417-6389

If you are a patient receiving care at UnityPoint – Meriter, Swedish American or a health system outside of UW Health, please use the phone numbers provided in your discharge instructions for any questions or concerns.

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 12/2023 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#4330

Prep Checklist

1 Week Before Test

- Call your insurance company.
- Find safe transportation for the day of your test.
- Talk to your primary doctor about your diabetes and/or blood thinning medicines.
- Call if you've had any major health changes since you scheduled your test.

Day of Test

- No solid foods after midnight and start clear liquid diet.
- If you need to take medicine during the 4 hours before your arrival, drink no more than 1/2 cup of water (4 ounces).
- Stop all liquids (even water) **4 hours before** you arrive for test.