EGD-esophagogastroduodenoscopy
INSTRUCTIONS
(UPPER ENDOSCOPY)

Follow all of the instructions in this handout EXACTLY as they are written:

• You must have a driver with a valid driver's license for this procedure. You may not take public transportation, taxi or bus unless accompanied by someone 18 years of age or older. Ride hailing apps or ride sharing services such as Uber or Lyft are not an accepted form of transportation.
• Drivers are not permitted in the surgical area. Drivers are asked to wait in the lobby or parking area.
• Please bring with you: a list of your current medications, your insurance card(s), and your photo ID.
• Please leave all valuables at home. However, please wear hearing aids (if needed) and comfortable, loose-fitting clothing.
• The use of cell phones and tablets is allowed in the waiting area. However, cell phones and tablets are not allowed after you are brought into the patient care area for your procedure, and must be turned off until after discharge.

THE TEST WILL BE CANCELED IF:

• You have no one to drive you home.
• If you do not follow prep instructions as directed.
• If you eat ANY food the day of test and drink any fluids including water after midnight the day of your appointment time.

DIABETIC INSTRUCTIONS:

You will need a blend of products with and without sugar on hand at home to keep your blood glucose in balance during the preparation period (see clear liquid list)
If you have diabetes:
** and take a pill to lower your sugar, do not take it the evening prior and the morning of your procedure
** and are taking insulin preparation such as Lantus, Humalog, 70/30 insulin, Regular or NPH it is recommended to take a 1/2 dose the evening prior to your procedure and HOLD dose the day of your procedure.
•Paitent's who take a**n oral** GLP-1 medication for weight loss or diabetes, such as Wegovy, Foundayo, or Rybelsus **MUST HOLD MEDICATION THE NIGHT BEFORE AND MORNING OF PROCEDURE.**

14 DAYS PRIOR TO YOUR PROCEDURE:

Instructions for patient's taking GLP-1 injections for diabetes management or weight loss such as:

*Semaglutide (Wegovy,Ozempic, Rybelsus)
*Dulaglutide (Trulicity)
*Exenatide Extended Release (Bydureon BCise)
*Lixisenatide (Adlyxin)
*Exenatide (Byetta)
*Liraglutide (Victoza)
*Tirzepatide (Mounjaro)
*Phentermine- Oral: HOLD 7 days prior to procedure.

Diabetes Management: Hold injection 14 days prior to procedure if approved by prescribing physician **AND FULL LIQUID DIET THE DAY PRIOR TO EGD.**
Weight Loss patients: Hold medication 14 days prior to procedure **AND FULL LIQUID DIET THE DAY PRIOR TO EGD.**
• A **FULL LIQUID DIET** consists of all liquids on the clear liquid with the addition of milk, ice cream, yogurt and/or pudding

5 DAYS BEFORE YOUR PROCEDURE:

• **Iron/multi vitamins**: Stop iron (ferrous sulfate) or vitamins containing iron

3 DAYS PRIOR TO YOUR PROCEDURE:

• If you use a blood thinner named Coumadin, Warfarin, or Jantoven you will need special instructions about stopping this drug before the procedure. Timing is very important. **Please speak with your prescribing physician before stopping these medications.**
•Blood Thinners-- Aggrenox, Arixtra, Brilinta, Effient, Eliquis, Plavix, Pletal, Pradaxa, Ticlid, Xarelto or any blood thinner (anticoagulant) or anti-platelet drugs: most patients need to stop taking 3 days prior to procedure. **Please speak with your prescribing physician before stopping this medication.**
•Aspirin or NSAID's: should be stopped 3 days prior to procedure. You may take Tylenol/Acetaminophen, blood pressure medication and all other normal medications that are not listed above.

THE DAY BEFORE THE PROCEDURE:

- Paitent's who take a weekly **injectable** medication for weight loss or diabetes, such as Wegovy, Ozempic, or Mounjaro (see full list above.) **MUST HAVE A FULL LIQUID DIET THE DAY PRIOR TO PROCEDURE.**
- Paitent's who take an **oral** GLP-1 medication for weight loss or diabetes, such as Wegovy, Foundayo, or Rybelsus **MUST HOLD MEDICATION THE NIGHT BEFORE AND MORNING OF PROCEDURE, AND A FULL LIQUID DIET THE DAY PRIOR TO PROCEDURE.**

DAY OF YOUR PROCEDURE:

Please bring with you: a list of your current medications, your insurance card, and your photo ID. Leave all valuables at home.

- **Do NOT eat or drink ANYTHING after midnight the day of your appointment**. This is for your safety and will reduce the risk of having food or liquid in your stomach move into your lungs (aspiration) during a procedure.
- Do not use breath mints or hard candy on the day of your procedure. You may brush your teeth.
- Blood pressure medications: please take the morning of the procedure, with a sip of water, or you may bring them with you to take after discharge if needed.
- Inhalers: take as prescribed if needed in the morning. You may bring your inhaler with you to your appointment if you feel you may need it after discharge.
- If you have an ileostomy or colostomy: bring an extra appliance/colostomy supply with you.
- In the event that you require emergency medical care beyond the capabilities of the endoscopy staff, you will be transported to the Emergency Room at Wayne Memorial Hospital.

CONTACT INSTRUCTIONS:

Please wear eyeglasses the day of the procedure. We ask that you do not wear contacts the day of your procedure. If this is not possible, bring appropriate storage for contacts as you will be asked to remove them prior to your procedure.

DENTURE INSTRUCTIONS:

You can wear dentures the day of your procedure. Please DO NOT use adhesive on dentures the day of the procedure as you will be required to remove them prior to procedure.

BODY/FACIAL PIERCINGS: Need to be removed prior to procedure.

SMOKERS:

Please do not smoke cigarettes, cigars or pipes, chew tobacco, vape or use e-cigarettes, or marijuana for 24 hours prior to your procedure.

After you have registered for your endoscopy, you will be escorted to your pre-procedure cubicle, and a nurse will take your health history, blood pressure, and start an intravenous line for medication.

Minors and patients incapable of providing information may be accompanied by a family member or caregiver at the staff's discretion

You will have the opportunity to speak with your examining physician before the procedure to answer any questions you may have.

AFTER YOUR PROCEDURE:

- **NO** driving, operating machinery or returning to work for the rest of the day.

IMPORTANT BILLING INFORMATION

Please keep in mind that your insurance policy is a contract betwee you and your insurance company. If you have any questions please contact our Billing Department **at 570-253-3391.

Precertifications: If your insurance requires precertification for an upper endoscopy, EGD Codes 3235-43239 at an Ambulatory Surgical Center or outpatient hospital, please contact our office to precertify your test. (We do not routinely check for precertification because most plans do not require one.)

Referral: If your insurance company requires a referral from your primary care physician, please be sure to bring the referral with you at the time of your scheduled visit (or have your doctor fax one to us prior to your appointment).

Cancellation notice: Northeastern Gastroenterology and Mountain Laurel Surgery Center require a 24hr. cancellation notice. There will be a fee of $100.00 for Mountain Laurel Surgery Center for all tests not cancelled in advance.

When your test is scheduled, you will receive **separate** bills from the following companies:

- **Northeastern Gastroenterology Associates, PC**- Physician fee and Pathologist fee (professional component)
- **Keystone Medical Lab** - Pathology fee (technical component)
- **Mountain Laurel Surgery Center**-Facility fee
- **Maple City Anesthesia -** Anesthesia Services