

IU Health Gastroenterology: Esophago-Gastro-Duodenoscopy (EGD) Instructions

Please follow these directions carefully:

<p>Twelve (12) days Before your appointment</p>	<ul style="list-style-type: none"> ▪ Ensure that you have an adult, 18 years or older, to bring you home and care for you. You may not use a taxi, medical cab or rideshare service unless you have someone to accompany you. ▪ Check your medications. If you are taking a blood thinner, please call 812-355-6931, option #2, for directions on holding the medication before your procedure. If you have not received blood thinner hold instructions 7 days before the procedure, call 812-355-6931, option #2. ▪ If you have had a heart stent placed within the last twelve (12) months, please call 812-355-6931, option #2. ▪ If you are diabetic, please note: <ul style="list-style-type: none"> ▪ The day before your procedure, take all oral diabetic medications by mouth according to your usual schedule. ▪ Take only ½ of your normal insulin dose the evening before your procedure. ▪ On the morning of your procedure, you should hold all oral diabetic medications and insulin. ▪ If your blood sugar is above 350 the morning of your procedure, please call the Charge Nurse at the facility where you are scheduled for further instructions. ▪ BEC: 812-322-3897; IUH Bloomington: 812-918-3484; ▪ Our physicians reserve the right to cancel your procedure for your safety
<p>Eight (8) days before your appointment</p>	<ul style="list-style-type: none"> ▪ Stop any GLP-1/weight loss medications or supplements.
<p>Five (5) days before your appointment</p>	<ul style="list-style-type: none"> ▪ Stop anti-inflammatory medications (Motrin, Advil, Ibuprofen, Aleve, Naproxen, Mobic, Meloxicam, etc.) ▪ Stop iron ▪ Stop Vitamins & Herbal Medications and supplements. (CBD, Hemp oil, etc.)
<p>Eight (8) hours prior to arrival</p>	<p>Stop all solid food. You may drink clear liquids until 2 hours prior to arrival time.</p> <p>Examples of Clear Liquids – Okay to drink:</p> <ul style="list-style-type: none"> ▪ Water ▪ Black coffee or tea (Sugar/sweetener is ok, no cream or milk) ▪ Clear juice (apple, white grape, white cranberry, etc.) ▪ Soda (Brown and light-colored sodas are both allowed) ▪ Gatorade, Powerade ▪ Jello ▪ popsicles without dairy or fruit pulp, Italian ice ▪ Clear broth (Beef, Chicken or Vegetable) <p>NOT Clear Liquids – Not Okay to drink:</p> <ul style="list-style-type: none"> ▪ Coffee with milk or cream ▪ Alcohol ▪ Juice and popsicles with fruit pulp ▪ Milk or any dairy products ▪ Rice, noodles or any Solid foods

Day of your appointment:

**Two (2) hours
prior to arrival**

- If you take oral diabetic medications by mouth, do NOT take these the morning of your procedure.
- If you take insulin, do NOT take it the morning of your procedure.
- Take all other morning medications excluding pain medications (see below,) with a sip of water.
- Stop all Liquids
- Do not consume anything by mouth 2 hours before your procedure. This includes food, liquids, cough drops, chewing gum, tobacco, marijuana, use of e-cigarettes and chewing tobacco.

- **Please Read the Following Medication Instructions:**
 - Aspirin – If you are taking aspirin, you may continue to take it.
 - You should take your usual heart, blood pressure and seizure medications up to the time of your procedure.
 - Do NOT take any **pain medication** 4 hours prior to procedure. If holding these medications is a concern, please discuss it with the nurse when you receive your PreOp call 7-14 days prior to your test or call 812-355-6931, option #2.
- **Bring a List of your Medications, Advance Healthcare Directives and a Photo ID along with your Insurance Cards.**
- **Plan to be in the facility for approximately 2-3 hours, on the day of your procedure.**
- **Limit visitors to 2; Small children should not be brought to the facility.**
- **Leave all jewelry and valuables at home.**
- **If your EGD is scheduled with anesthesia at IU Health Bloomington Hospital, you must have a Pre-Op call with Pre-Anesthesia Testing (PAT.) You should have been given a date and time for this call when your EGD was scheduled.**
- **If you need to cancel or reschedule your procedure or your PAT call, please call: 812-355-6931, option #1.**
- **If you have any questions about your instructions or your procedure, please call: 812-355-6931, option #2.**

