

Upper Endoscopy (EGD) Preparation Instructions

You have been scheduled for an Upper GI Endoscopy (EGD). These instructions are designed to help answer your questions and prepare you for your procedure.

Procedure Locations

Procedures are performed at multiple locations throughout The Villages. The location where you are scheduled will contact you within one week of your procedure to confirm your check-in time and exact location.

Our physicians strive to stay on schedule, but emergencies may occasionally cause delays. We apologize in advance if this inconveniences you or your driver.

Important: Failure to follow preparation instructions may result in your procedure being delayed or rescheduled.

Procedure Cancellation and Rescheduling

You must notify our office of any cancellations or reschedules at least two business days prior to your procedure. To cancel or reschedule, call 352-674-8716. Please note that there is no guarantee of a morning appointment if you reschedule it.

What is an EGD?

An EGD is a test that examines the esophagus, stomach, and the first part of the small intestine. Before the procedure, you will gargle with numbing medicine and receive sedative medications to make you sleepy. A flexible tube with a camera and light will be passed through your mouth, allowing the doctor to see your upper GI tract on a monitor. Biopsies may be taken if abnormal areas are seen. Most patients do not remember the procedure and wake up shortly afterward.

7 Days Before Your EGD

- **Stop NSAIDs and Aspirin:** Avoid non-steroidal anti-inflammatory medications (e.g., ibuprofen, Motrin, Aleve, Naprosyn) and aspirin unless prescribed by your doctor. If your doctor has prescribed daily aspirin, continue it; otherwise, stop it.
- **Diabetes Medications:** If you take insulin or other diabetes medications, contact your provider for possible adjustments. Do not stop any medications without your provider's consent.
- **Stop GLP-1 Medications:** You must stop Glucagon-Like Peptide-1 (GLP-1) medications two weeks prior to your procedure. Examples include:

- Byetta (Exenatide)
- Saxenda (Liraglutide)
- Victoza (Liraglutide)
- Wegovy (Semaglutide)
- Trulicity (Dulaglutide)
- Bydureon (Exenatide)
- Mounjaro (Tirzepatide)
- Rybelsus (Semaglutide)

Speak with your prescribing provider or specialist at least three weeks before the procedure. Do not stop these medications without their consent.

- Magnesium Citrate: If you have congestive heart failure, cardiomyopathy, or renal failure, do not take Magnesium Citrate for bowel preparation and contact your doctor.
- Blood Thinners/Anticoagulants: If you take medications such as Plavix, Coumadin, Eliquis, Xarelto, Lovenox, or similar, discuss with your prescribing provider how long before the procedure you should hold them. Our staff can assist with coordination at 352-674-8700.

1 Day Before Your EGD

- No solid food after 11:59 PM the night before your procedure.

Day of Your EGD

- Stomach must be empty: No solid food, candy, or gum until after the procedure.
- Clear liquids: You may drink clear liquids in moderation until four hours before your check-in.
 - Acceptable: Water, black coffee or tea (no milk/cream), clear broth/bouillon, Gatorade, soft drinks, strained fruit juices without pulp, Jell-O, popsicles.
 - Avoid: Red or purple liquids, dairy, protein shakes, alcohol, chewing tobacco, or illicit drugs. Use of these will cancel your procedure.
- Medications: You may take medications other than diabetes meds or diuretics with a small sip of water up to four hours before your procedure.
- Colonoscopy: If scheduled with a colonoscopy, follow those prep instructions as well.
- Afternoon appointments: Clear liquids are allowed up to four hours prior to your check-in time.

What to Bring

- A list of your medications.

- If receiving sedation, an adult 18 years or older must accompany you and remain in the GI procedure waiting area. You cannot leave without them.

After the EGD

- You will be observed in recovery for about 30 minutes.
- The doctor will explain your results and provide instructions.
- If sedated, your escort must sign you out and drive you home. You cannot drive or return to work for at least 12 hours.
- If not sedated, you may walk, drive, or use public transport immediately after the exam.

If you have questions about your preparation or the procedure, call 352-674-8700 to speak with a member of your physician's team.