

William F. Erber, M.D., P.C.
Gastroenterology and Endoscopy
Diseases of the Digestive Tract, Liver and Pancreas
Board Certified

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Preparation for Upper Endoscopy

Appointment Day _____ Date _____ Time _____

Esophagogastroduodenoscopy, otherwise known as EGD or Upper Endoscopy is an examination of the inside of your Esophagus, Stomach, and Duodenum (first part of the small intestine). This will be done with a Video Endoscope, which is a flexible lighted tube that directly visualizes the inside of your gastrointestinal tract. The stomach must be empty of food or liquid material to ensure a thorough exam. These instructions are designed to maximize the ease, safety, and success of your preparation and exam.

One Week Prior to the Procedure

- Your doctor will let you know if you have to hold some medications prior to your procedure. These medications may include: aspirin, Plavix, Coumadin, Ticlid, Percodan, Alka-Seltzer, anti-inflammatory medicines (NSAIDs such as Motrin®, Advil®, etc.), Insulin, or other Diabetes medication.
- Please hold _____ for _____ days before the procedure.
- You WILL be allowed to continue taking a ‘baby aspirin’, for your heart health, per your doctor’s instructions.
- **TYLENOL and other brands that contain ACETAMINOPHEN, are safe to use prior to this procedure.**

Day Before the Procedure

- On the day prior to the procedure, you may eat and drink normally until midnight.
- **Take nothing by mouth after midnight, except for medications or small sips of water.**

Day of the Procedure

- **DO NOT EAT OR DRINK ANYTHING THAT DAY!**
- **If your procedure is later in the afternoon, do not to eat or drink anything for at least 6-hours before the procedure.**
- If you take medication, you may have it the morning of the procedure with a small amount of water. This means NO MORE than a few **SMALL** sips of water. You may brush your teeth.
- **Please arrive at _____ AM / PM.**
- You may want to leave your valuables at home and limit make-up & fancy hair-do’s.
- Bring your **driver’s license, insurance cards, and medications (or medication list)** to the office.
- **You cannot drive on the day of the procedure. Please have someone accompany you to take you home.**

Special Instructions:

_____ Hold morning dose of insulin the day of the procedure.

_____ If you have an artificial heart valve, or have a previous history of endocarditis, or other specific indication, your doctor may prescribe pre-procedure antibiotics.

_____ Other _____

Good Luck!

Please call us if you have any questions at (718) 972-8500.