

Digestive Disease Associates of Rockland, PC
974 Route 45, Pomona NY 10970
845-354-3700

UPPER ENDOSCOPY

You have been scheduled for an upper endoscopy (EGD) with Digestive Disease Associates of Rockland. This is an examination of your esophagus, stomach and duodenum (first portion of the small intestine). Upper endoscopy is often used to discover the reason for swallowing difficulties, nausea, vomiting, reflux, bleeding, indigestion, abdominal pain, or chest pain.

During the procedure, while you are under sedation, a long flexible tube called an endoscope will be inserted into your amount and guided slowly down your esophagus and into your stomach. Your esophagus, stomach and first portion of the small intestine will be examined in detail. Additional procedures may be performed such as taking tissue samples (biopsies).

To ensure you are comfortable and relaxed during your procedure, intravenous sedation will be given. **YOU MAY NOT DRIVE HOME AFTER YOU RECEIVE SEDATION.** You must have a responsible adult escort with a valid driver's license who will be able to drive you home after your procedure. **You may not go home alone** in a taxi, shuttle van or bus, as the drivers will not be responsible for you. You may not drive until the day after you procedure. We advise you to take the entire procedure day off from work.

Our highest priority is performing the most careful and safest possible examination for each and every patient. Although we strive to remain on schedule, please understand that performing a procedure such as an endoscopy may take longer in some patients than in others. As a result, your procedure may not be performed at the exact time you were scheduled. We ask for your patience and advise that you allow at least **3 hours** for your visit.

SPECIAL CONSIDERATIONS

Please **bring a list of your current medications**, along with dosages, with you the day of your procedure.

- You should continue to take most of your medications, including your **BLOOD PRESSURE** and **HEART MEDICATIONS**, without interruption, including on the morning of your procedure.
- **Blood thinning medications** (such as Coumadin, warfarin, Plavix, Pradaxa, Xarelto, Effient, Brilinta, Lovenox, Aggrenox) **MAY** need to be discontinued for **1 to 10 days** prior to your procedure, depending on the circumstances. **Please inform us** if you are taking these medications. We recommend that you speak with your cardiologist or primary physician regarding stopping your blood thinners.
- Stop **ASPIRIN, ADVIL, MOTRIN, ALEVE, IBUPROFEN** or any other anti-inflammatory drugs 7 days before your procedure. If needed, you may take **TYLENOL** only.
- **Iron pills, Vitamin E, Ginkgo biloba:** Stop taking 7 days prior to your procedure.
- If you are **DIABETIC**, check with your primary physician regarding taking your insulin or oral diabetic medications. In general, you should not take any oral diabetic medications the day before or the day of your procedure. Speak with your primary physician if you are on insulin regarding how to adjust the insulin dosage.
- Medications for diabetes/weight loss: Stop any weekly GLP-1 medications (Ozempic, Wegovy, Mounjaro, Zepbound, Bydureon) for **1 week prior to your procedure**. Stop any daily GLP-1 medications (Rybelsus, Victoza, Byetta, Saxenda) for **24 hours prior to your procedure**. Failure to stop these medications may result in cancellation of your procedure. Please call our office if you have any questions about these medications
- **All women under 50 years** of age must have a urine pregnancy test performed in our office, prior to your procedure. Please be prepared to give a urine sample when you are called in to the procedure area

Please see other side for procedure instructions

UPPER ENDOSCOPY INSTRUCTIONS

Your stomach and duodenum must be **completely empty** for the procedure to be thorough and safe, so you will not be able to eat or drink anything on the day of the procedure. Also, **you must arrange for someone to take you home** - you will not be allowed to drive for the rest of the day because of the sedatives. Your physician will give you other special instructions. Inform your physician of any medical conditions or medications that you take before your endoscopy.

THE DAY OF YOUR ENDOSCOPY:

- ❖ **You may not have anything to eat or drink the entire day (not even water)**, until after your procedure is completed.
- ❖ If you take **prescription medications**, you may take them early in the morning with a small sip of water. Continue all your usual prescription medications - please be sure to take any blood pressure or heart medications the morning of the test with a small sip of water.
- ❖ When you arrive at the office, you will need to complete some paperwork and then change into a patient gown. If you are a woman under the age of 50, you will be asked to give a urine sample. The nursing staff will take you into the procedure room, perform a brief assessment, and place an IV. You will then be sedated and undergo the endoscopy. The endoscopy itself takes 15-30 minutes.
- ❖ After the endoscopy, you will rest in the recovery area while the sedative wears off. The doctor will speak with you about the results of the endoscopy once you are more fully awake. Due to the sedation, you may not remember your conversation with the doctor after the endoscopy. Please have a family member or friend stay with you that can speak with the doctor after the procedure.
- ❖ ***By law, you cannot drive the rest of the day after the endoscopy.*** We advise you to take the entire day off work.
- ❖ ***It is important for you to bring a list of all prescription medications and non-prescription products (over-the-counter, anti-inflammatory, herbal, vitamins, etc.) that you are taking as well as a list of any medications you are allergic to.***
- ❖ After the endoscopy is completed, you may resume a regular diet. We advise you to avoid any strenuous activity for the rest of the day. You may resume regular activity of the following day.

If you have any questions, please call our office at **845-354-3700**. Additional information can also be found on our website at www.myddar.com.