

After Your Procedure

- Family members are encouraged to wait during the procedure and be available for consultation afterwards.
- Your driver must meet you in Same Day Surgery to drive you home and remain with you overnight.
- You will stay in a recovery room for approximately 30 minutes to 1 hour. Your nurse will monitor your heart, breathing, and blood pressure.
- Once you're fully awake, your nurse will remove your IV and explain discharge instructions to you and your driver.
- Many people feel bloated and have stomach cramps. This is normal and goes away by passing gas.
- You may begin eating light foods after you are discharged.
- Work your way up to a normal diet. If your provider wants you to limit your diet for a time period, they will tell you.
- Do not drink alcohol for 24 hours.
- Do not plan on working, using power tools, driving, or using social media for 24 hours. You will be impaired and may not make good or safe decisions.
- If you had a biopsy, it's normal to have a small amount of bleeding from your rectum. There should be no more than a few drops of blood, and the bleeding should stop within 24 hours after your procedure.
- If biopsies were taken, your provider will notify you of the results within 10 days. If your test results indicate the need for further care or follow-up, we will notify you as soon as possible.



*Interpretive services are available.
Tenemos intérpretes de español.*

Questions and appointment changes

If you have questions or need to change your appointment call **320-864-7724**.



1805 Hennepin Avenue North, Glencoe, MN 55336

320-864-3121

glencoehealth.org



106038 (7/25)

EGD Prep

UPPER GI TRACT EXAM

Date: _____

We will call you 2-3 days before your EGD to notify you of your scheduled arrival time.

Please take some time to read this now as there is information that may apply prior to your procedure.

Pre-operative Exam

When you schedule your procedure, our team will notify you if a pre-operative History and Physical (H&P) is required. You will need to complete your pre-op physical within 30 days of your procedure. To schedule, call 320-864-7816.

Date and Time: _____

Provider: _____

Clinic: _____





About the EGD

Esophagogastroduodenoscopy (EGD) is used to diagnose and treat diseases of the esophagus (food tube), stomach or duodenum (first portion of the small intestine). An EGD might be indicated if you have signs and symptoms such as:

- Persistent or unexplained swallowing difficulties
- Bleeding
- Ulcers
- Heartburn
- Abnormal X-rays
- Abdominal pain, nausea, and/or vomiting

An EGD also is recommended for follow-up esophageal dilatation, ulcer healing, and treatment of swollen veins.

Before the EGD procedure, a nurse will start an IV. You will be given medications that will help you relax. The back of your throat may be numbed with a spray or gargle of local anesthetic as well. You will lie on your left side and a small mouthpiece will be placed between your teeth so the gastroscope can be passed through your mouth. You will be able to breathe normally with this mouthpiece in place.

During the EGD procedure, a small, flexible instrument is used to examine the lining of your esophagus, stomach and duodenum to identify any abnormalities. You may feel a bloating sensation and some pressure from the movement of the scope, but no pain. During this examination, tissue samples called biopsies may be taken. You should not feel any pain during the biopsy.

The entire EGD procedure usually takes 10 to 20 minutes, but can last longer in some cases. Plan to stay at the hospital one hour following your procedure.



Before Your Procedure

- Our prior authorization team will contact your insurance company. Most insurance companies require up to 7-10 days to verify benefits and process these requests. If we experience delays with your insurance, we may need to reschedule your procedure. If your procedure is self-pay or has been denied by insurance, a financial representative will call you to discuss your options.
- For your safety, arrange for a responsible adult take you home and remain with you overnight following discharge. If you do not have transportation arrangements, your procedure will need to be rescheduled.
- Prior to your surgery if you develop a cold, cough, fever, or flu, call us at 320-864-7724 to determine if your procedure needs to be rescheduled.

Discuss a plan with your primary care provider if you:

- Take blood thinning medications such as Coumadin® (warfarin), Plavix® (clopidogrel), Eliquis® (apixaban), Lovenox® (enoxaparin), Pradaxa® (dabigatran etexilate), Xarelto® (rivaroxaban) or aspirin/baby aspirin. Please call the surgery department as soon as possible at 320-864-7724 if your primary care provider does not approve a temporary stop of your blood-thinning medications.
- Take supplements or herbal medications
- Have diabetes, for glucose management instructions
- Also discuss risks and potential complications of this procedure



7 Days Before Your Procedure

- STOP taking GLP-1 Agonist weekly injectables (examples: Trulicity, Ozempic, Weygovy, Bydureon, Mounjaro) and daily oral tablets (example: Rybelsus). STOP taking these appetite suppressants: Phentermine, Qsymia®, Contrave®.

5 Days Before Your Procedure

- Stop taking any iron supplements.
- **STOP** taking aspirin/baby aspirin, ibuprofen, or arthritis drugs until your procedure, or your procedure may be rescheduled. You may take acetaminophen.

4 Days Before Your Procedure

- STOP taking SGLT-2 Inhibitor daily oral tablets (examples: Invokana, Farxiga, Jardiance, Steglatro).

1 Day Before Your Procedure

- STOP taking GLP-1 Agonist daily injectables (examples: Byetta, Victoza, Saxenda).



The Day of Your Procedure

- DO NOT eat or drink anything after midnight the night before.
- DO NOT take medications for high blood pressure: Diuretics (water pills), Dyazide®, Maxzide® (triamterene / hydrochlorothiazide (HCTZ), Lasix® (furosemide), Avapro® (irbesartan), Cozaar® (losartan), Diovan® (valsartan), or Zestril® (lisinopril).
- Refrain from all drug use, including marijuana products.
- Do not drink alcohol, smoke, vape, or chew tobacco.
- Do not chew gum or consume hard candies, cough drops, or mints.
- Do not take Tums, Mylanta, or Rolaids.
- Do not wear contacts, make-up, false eyelashes, or nail polish.
- Remove all jewelry and body piercings.
- Hair extensions with metal fasteners must be removed.
- Do not bring valuables.
- Bring your crutches and/or walker.
- Bring your CPAP machine, eyeglasses (with case), hearing aids, and dentures.
- If you have an implanted pacemaker or cardioverter-defibrillator (AICD), bring your wallet card with you.
- If you have a nerve stimulator, bring your remote control.
- Bring your Health Directive, if it's not already on file.
- Bring a list (or containers) of all of the prescriptions and over-the-counter medications.
- Bring your photo ID and insurance cards.
- Arrive at your scheduled time. Come to the reception desk at the hospital entrance.
- Females: If you have not yet gone through menopause, we will perform a pregnancy test.
- If your blood glucose is too high (200 mg/dL) prior to surgery, your procedure may be rescheduled.