

## Upper Endoscopy (EGD) Instructions

**IMPORTANT:** Please read this now to be prepared for your procedure. If you have any questions, or need to cancel or postpone your appointment, please call us at **617-754-8888**.

### Where to report for your procedure:

- East Campus**, 330 Brookline Ave, Boston
  - Stoneman 3rd floor       Stoneman 4th floorPark in the Feldberg Garage
- West Campus**, 185 Pilgrim Road, Boston  
West Procedural Center (WPC) Farr 1st Floor  
Park in the Pilgrim Road Garage or Lowry Building Garage
- Beth Israel Deaconess, Lexington Campus**  
482 Bedford Street, Lexington Ambulatory Surgery, 1st Floor
- Beth Israel Deaconess, Needham Campus**  
148 Chestnut Street, 3rd Floor

**Day/ Date:** \_\_\_\_\_

**Arrival Time:** \_\_\_\_\_

**Procedure Time:** \_\_\_\_\_

**Approximate discharge time:** \_\_\_\_\_

**Doctor who will do your test:**  
\_\_\_\_\_

## Advance preparation for your procedure

- ❖ **Diabetes** – Please contact the doctor who manages your diabetes before making any changes to your diet, medications or insulin pump.
- ❖ **If you may be pregnant** – Please consult your OB/GYN doctor prior to your appointment to discuss optimal timing for your procedure, and the best sedation/anesthesia approach.
- ❖ **Sedation** – Most patients receive sedatives for procedures. Please let us know in advance about any of the following items, which could have an impact on any sedation you may receive:
  - Allergic reaction or other problems related to sedatives or pain medicine/narcotics
  - If your weight is over 300 pounds
  - You are currently taking narcotic pain medicine
  - You have severe liver disease
- ❖ As you recover from the sedatives, do not go back to work or school, make important decisions or provide care for children. You may resume all activities the next day unless otherwise instructed.
- ❖ **ARRANGE A RIDE HOME**– A responsible adult must come up to the procedure area when you are ready for discharge. No exceptions are made unless you plan to undergo the procedure without sedation. If you wish to do this, you should discuss it with your doctor in advance. **You may not drive yourself home after sedation.**
- ❖ For more information, check out the *Preparing for your Procedure* page on our website by scanning this code with the camera on your phone or visiting [www.bidmc.org/gipreps](http://www.bidmc.org/gipreps)



## Preparing for your EGD

An upper endoscopy is an effective and safe procedure for diagnosing a variety of problems that cause symptoms in the upper part of the gastrointestinal (GI) tract. This includes the esophagus (swallowing tube), the stomach, and the duodenum (the first part of the small intestine). An upper endoscopy is sometimes called an esophagogastroduodenoscopy, or EGD.

### The day before your EGD

- ☐ **11pm:** Stop eating all solid food.  
No hard candy or gum. You may drink clear liquids up until four (4) hours before your procedure.

### The day of your EGD

- ☐ **4 hours before your scheduled procedure time:**  
Stop drinking all fluids. You may take any usual morning medications with a small sip of water. If you have diabetes or take blood thinners, please follow your doctor’s advice regarding any changes to your medications that may be needed.

#### IMPORTANT!

Please read at least a week before your procedure and call us if you have any questions.



#### Clear liquids include:

- Water
- Light-colored sodas
- Tea or coffee
  - black only- no cream or non-dairy creamers of any kind
- Clear juices
  - white grape, apple and cranberry (with no red dye)
- Broth & bouillon
- Jell-O (no red)
- Popsicles (no red)



#### Clear liquids do NOT include:

- Solid food
- Gum or hard candy
- Drinks with red dye
- Dairy products
- Juice with pulp
- Alcohol

