

## Upper Endoscopy

*Department of Gastroenterology*

Upper endoscopy, often called a gastroscopy, esophagoscopy, or esophagogastroduodenoscopy is a procedure which allows the doctor to actually look inside your esophagus, stomach and the duodenum (first portion of the small bowel). This test may be performed to establish the site of upper gastrointestinal bleeding; to visually define abnormalities seen on upper GI x-rays; to evaluate the healing process of treated ulcers, to obtain tissue specimens for analysis, and to evaluate the complaints of difficulty swallowing and abdominal pain. This test takes about 15 minutes, however please allow at least 2 hours from registration to discharge time.

### Location for procedure:

- \_\_\_\_ Crystal Run Healthcare, 95 Crystal Run Road, Middletown (Surgery Center in back)
- \_\_\_\_ Crystal Run Healthcare, 61 Emerald Place, Rock Hill
- \_\_\_\_ Crystal Run Healthcare, 1200 Route 300, Newburgh (please check in at the front desk)
- \_\_\_\_ Crystal Run Healthcare, 2 Centerock Road, West Nyack (please check in at the front desk)
- \_\_\_\_ Garnet Health Medical Center Catskill, 68 Harris Bushville Road, Harris
- \_\_\_\_ Garnet Health Medical Center, 707 East Main Street, Middletown
- \_\_\_\_ St. Anthony Community Hospital, 15 Maple Avenue, Warwick

**Date of procedure:** \_\_\_\_\_ (You will be contacted two business days ahead of time to be given your time of arrival.)

### Preparation for test:

- Do not have anything to eat or drink after midnight the night before your procedure.
- Take all blood pressure and cardiac medications with only a sip of water the morning of your procedure, unless instructed otherwise by your doctor. Hold all other morning medications on the day of your procedure until after the test, unless otherwise instructed by your doctor.
- Patients taking any of the following medications must follow a clear liquid diet the entire day prior to their EGD, and then NPO at midnight: Bydureon, Mounjaro, Ozempic, Trulicity, Wegovy, Byetta, Rybelsus, Victoza

### Notify the Doctor/Nurse if you:

- Are diabetic
- Have a seizure disorder (Please take anti-seizure medications the AM of the test)
- Take any blood thinners: Coumadin, Plavix, Arixtra, Lovenox, Heparin, Pradaxa, Brilinta, Xarelto, Effient, Eliquis, Pletal, or Aspirin 325mg, NSAID products (Motrin, Advil, Aleve) (speak with your provider about medication regimen)
- Take any weight loss medication (speak with your MD about holding your medication): Saxenda, Phentermine, Contrave, Alli/Xenical, Bydureon, Mounjaro (Zepbound), Ozempic, Trulicity, Wegovy, Byetta, Rybelsus, Victoza, Invokana, Farxiga, Jardiance, Brenzavvy, Qtern, Glyxambi, Invokamet, Xigduo XR, Synjardy, Glyxambi, Steglatro, Steglujan, or segluromet.
- Have a pacemaker/defibrillator
- Are on oxygen at home

Please be aware that because you will be receiving sedation for the exam, you must arrange to have a friend or relative drive you home after the test. Your ride will need to be verified before the procedure. Your ride must be 18 years or older and hold a valid driver's license. You may not use taxi cabs, public transportation, or medical transportation. After the procedure, your nurse will accompany you outside to meet your designated driver in the vehicle. You should not drive for 24 hours after your procedure.

Patients should avoid illicit substances 24 hours prior to the procedure, and alcohol or marijuana products for 12 hours prior. All patients will be assessed for signs of impairment on the day of the procedure and if there is any concern, the procedure will be cancelled.

Any female under the age of 55 will be required to give a urine specimen prior to the procedure.

Please check with the desk regarding documentation of your insurance carrier prior to the procedure. Please bring a picture ID and insurance information with you on the day of the procedure. If you need to cancel or reschedule your procedure please notify our office at least 48 hours in advance.

Crystal Run Healthcare is not responsible for lost items. Please leave all jewelry and personal belongings at home. Please bring proof of your COVID vaccination to your procedure appointment.