

Upper Endoscopy (EGD)

What to expect during your Upper Endoscopy (EGD)

Upper Endoscopy or **Esophagogastroduodenoscopy (EGD)** is a visual examination of the lining of the esophagus, stomach and the first portion of the small intestine (duodenum). During the procedure, an endoscope, which is a long, flexible instrument that has a light and a camera at the tip, will be passed through the mouth. The doctor will examine the inside of the GI tract and look for abnormalities that may be present.

Upper Endoscopy (EGD) is usually performed to evaluate and treat ulcers in the stomach and intestine, tumors of the esophagus and stomach, difficulty swallowing, upper abdominal pain or indigestion, and intestinal bleeding. If necessary, biopsies (tiny tissue samples) or polyps (abnormal growths of tissue) may be taken painlessly during the examination and sent for laboratory analysis. Stretching narrowed areas or strictures, removing small objects, or treating bleeding areas can also be performed.

Your procedure is scheduled at
Christus St Vincent Digestive Health Center
455 St Michael's Drive
Santa Fe, NM 87505

- Arrive 60 minutes prior to your scheduled procedure time.
- Have your driver available to take you home. They do **NOT** need to stay during your procedure.
- If you arrive more than 15 minutes late, your procedure may be rescheduled or delayed.
- Nursing staff will call you to review preparing instructions, medications, and confirm procedure details the week prior to your procedure appointment.
- If you have questions about preparing for your procedure, please call 505-913-5368.

Billing Notice:

You will receive multiple billings for services rendered associated with your procedure.

The service categories are as follows:

- Physician Fee: Northern New Mexico Gastroenterology Associates
- Facility Fee: Christus St Vincent
- Pathology Fee: Santa Fe Pathology
- Anesthesia Fee: Christus St Vincent

If you have questions about your benefits and coverage, please contact your insurance carrier.

Sign Up for NNMGA Patient Portal

You can request appointments, check your results, send your physician a message and update your medical record. For access call 505-983-5631.

For more information about our providers and instructions go to www.nnmgastro.com

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Upper Endoscopy (EGD) Preparation Instructions

Due to sedation, you **MUST** have a driver to take you home after the procedure. Public transportation (taxi, bus, Uber/Lyft) is not acceptable unless accompanied by a responsible adult.

10 DAYS PRIOR TO PROCEDURE

Review the appointment documents received from Northern New Mexico Gastroenterology Associates office. Arrange for a driver to take you home after the procedure.

If you are on blood thinners, diabetic, or weight loss medications, you may need to be off these drugs for up to 10 days prior to your procedure. Before altering or stopping any blood thinners, please consult with your prescribing physician for instructions in advance of the procedure.

Please see the **Supplemental Medication Information Sheet** attached.

Medication restrictions prior to procedure:

In general, you should take all essential prescription medications on the day of your procedure.

Diabetic Medications: Do **NOT** take oral hypoglycemic medications on the day of your procedure.

Insulin: Take 1/2 the dose of your long acting insulin the night before and check your sugar levels. Do **NOT** take insulin the morning of your procedure.

Glucagon-Like Peptide-1 (GLP-1) Medications: These diabetic/weight loss medications need to be stopped **7 days** prior to your procedure if medication is taken weekly and held a **full 24 hours** prior to the procedure if medication is taken daily. **GLP-1 medications:** Exenatide (Byetta), Liraglutide (Victoza), Dulaglutide (Trulicity), Semaglutide (Ozempic/Rybelsus/Wegovy), Trizepatide (Mounjaro)

Sodium-Glucose Transport Protein 2 (SGLT2) Medications: These diabetic medications need to be held **3 days** prior to the procedure. Medications include: Dapagliflozin (Farxiga), Canagliflozin (Invokana), Empagliflozin (Jardiance), Ertugliflozin (Steglatro)

Iron/Fiber Supplements

Hold iron supplements, fiber and multivitamins **5 days** prior to the procedure.

THE DAY OF YOUR PROCEDURE

After Midnight: Do **NOT** eat any solid food after midnight. You may drink clear liquids up to 3 hours before your procedure time. Clear liquids include black coffee (no added milk), tea (no added milk), clear broth, soft drinks, sports drinks, iced tea, and water.

3 hours before procedure: Do **NOT** drink anything within 3 hours of your procedure. No gum, hard candy, or throat lozenges as well. **Failure to follow these food and drink restrictions may cause your procedure to be rescheduled.**

Supplemental Medication Information

All medications not outlined below can be taken 3 hours prior to your procedure time. There is no restriction on acetaminophen (Tylenol, Paracetamol), daily aspirin, and other NSAIDS (ibuprofen, naproxen, etc.).

Blood Thinners: If you are on any blood thinners below, please contact your prescribing physician at least 10-14 days prior to your procedure to ensure that it is safe to stop them.

Blood Thinner Medication	Restrictions Prior to Procedure
Aspirin and NSIADS (Ibuprofen, Naproxen, Celecoxib, Indomethacin, Diclofenac, Meloxicam, etc.)	No Restrictions
Lovenox and Heparin (low molecular)	Last dose 24 hours prior to procedure
Warfarin (Coumadin)	Stop 5 days prior to procedure or INR <1.6
Clopidogrel (Plavix), Effient (Pragrusel), Ticagrelor (Brilinta), Ticlopidine (Ticlid)	Stop 5 days prior to procedure
Rivaroxaban (Xarelto), Apixaban (Eliquis), Edpxaban (Savaysa), Dabigatran (Pradaxa)	Stop 3 days prior to procedure
Fondapararinux (Arixtra)	Stop 36-48 hours prior to procedure
Cliostazol (Pletal)	Stop 2 days prior to procedure

Diabetic and Weight Loss Medications: Do **NOT** take your oral diabetic medications on the morning of your procedure. **Insulin:** Take **1/2** the dose of your long acting insulin the night before and check your sugar levels. Do **NOT** take insulin the morning of your procedure.

Diabetic/Weight Loss Medication	Restrictions Prior to Procedure
Sodium-Glucose Transport Protein 2 (SGLT2): Dapagliflozin (Farxiga), Canagliflozin (Invokana), Empagliflozin (Jardiance), Ertugliflozin (Steglatro)	Stop 3 days prior to procedure
Glucagon-Like Peptide-1 (GLP-1): Exenatide (Byetta), Liraglutide (Victoza), Dulaglutide (Trulicity), Semaglutide (Ozempic/Rybelsus/Wegovy), Trizepatide (Mounjaro)	Stop 7 days prior to procedure if taken weekly Stop a full 24 hours prior to procedure if taken daily
Phentermine (Adipex-P/ Lomaira)	Stop 14 days prior to procedure

Cardiovascular Medication: Do **NOT** take **Ace Inhibitors** (Benazepril, Lisinopril, Enalapril) and **Angiotensin Receptor Blockers** (Cozaar, Losartan, Benicar, Valsartan, Irbesartan, Diovan) medication the day of the procedure.

Gastrointestinal Medications: Stop the following for at least **5-7 days** prior to procedure
Antidiarrheals: Loperamide (Imodium), Lomotil (Diphenoxylate/atropine), Bismuth Subsalicylate (Kaopectate, Pepto-Bismol)

Fiber supplements (Metamucil, Citrucel, Benefiber, and Perdiem), **Iron supplements, multivitamins that contain iron, Alka seltzer** and **Herbal Supplements** need to be stopped 5-7 days prior to the procedure.