

PREPARATION FOR UPPER ENDOSCOPY (EGD)

What is an upper endoscopy?

An upper endoscopy is a procedure performed to evaluate symptoms of upper abdominal pain, bleeding, nausea, vomiting, or difficulty swallowing. During the procedure, the physician examines the lining of your esophagus, stomach and the first part of your small intestine through a thin, flexible tube called an endoscope. If growths or other abnormalities are found, the physicians may remove the abnormal tissue for further examination or biopsy.

If you have difficulty swallowing after, it may be possible for the area to be expanded during the procedure. After your procedure you may have some bloating, this is normal. If any specimens are collected, they will be sent for further testing. This will take 5-7 days for any pathology to results to be available.

Cancel or Reschedule Your Appointment:

If you develop COVID-19, are exposed to COVID-19 or have COVID-19 like symptoms at any point after you schedule this appointment, please call Hudson Physicians office to determine if it is okay to proceed with your visit. COVID-19 guidelines for health care facilities may differ from community guidelines. In addition, if you are having flu-like symptoms (such as fever, cough, shortness of breath) within 14 days of your appointment, please call to reschedule. If you need to cancel or reschedule for any other reason, call 715-531-6907 at least 72 hours prior to your appointment.

Transportation:

Please remember a responsible person needs to check in with you on your procedure day, go with you after discharge, drive you home after your procedure and assist you with follow up care. This takes approximately 2-3 hours from check-in to discharge. You will not be able to drive a car, operate machinery, or go to work until the following day. Failure to bring a responsible person may result in your appointment being rescheduled. Don't take a bus, cab, or ridesharing service unless an adult rides with you.

If the patient is a minor or requires a legal guardian, the legal guardian must be present to check in the patient on the procedure day. If the legal guardian is not able to be present at check in, they will need to be available by phone for the duration of the procedure and through patient discharge.

The night before your procedure:

- Stop eating solid foods and begin clear liquid diet at **11:45pm**. Clear liquids include things you can see through.
 - Examples of a clear liquid diet include: water, clear broth or bouillon (gluten free options available), Gatorade, Pedialyte or Powerade, carbonated and non-carbonated soft drinks (Sprite, 7-Up, Gingerale), strained fruit juices without pulp (apple, white grape, white cranberry), Jell-O, popsicles, and up to one cup of black coffee or tea (no milk or cream).
 - The following are not allowed on a clear liquid diet: red, blue or purple liquids; alcoholic beverages; dairy products; protein shakes; cream broths; juice with pulp; products containing oil and chewing tobacco.
 - For additional details on following a clear liquid diet, please see last page.

Day of your procedure:

Morning Medications: You may take all your morning medications including blood pressure medications, blood thinners (if you have not been instructed to stop these prior), methadone, and anti-seizure medications with sips of water **3 hours prior to your procedure or earlier**. Do not take any chewable vitamins or supplements. If you have diabetes, contact your monitoring provider for further direction on insulin and/or blood sugar management prior to your procedure date.

Continue the Clear Liquid Diet up to **3 hours prior to your procedure**, then stop drinking. Avoid red, blue, or purple liquids, alcoholic beverages, dairy products, protein shakes, cream broths, juice with pulp, products containing oil, chewing tobacco and illicit drugs. Use of these will result in your procedure being cancelled.

- **3 hours prior:**
 - STOP consuming all liquids.
 - Do not take anything by mouth during this time.

Bring the following to your procedure:

- Insurance Card/Photo ID
- List of current medication including over-the-counter medications and supplements
- Bring your rescue inhaler if you currently use one to control asthma
- Wear glasses or bring contact lens supplies.
 - You will be asked to remove contact lenses prior to your procedure.
- Don't wear any jewelry, cosmetics, or perfume day of procedure
- Shower the morning of your procedure

Clear Liquid Guide

	Choose These Foods/Beverages	Avoid These Foods/Beverages
Fruits/Juices	<ul style="list-style-type: none"> • Strained, light colored fruit juices without pulp (apple, white grape, white cranberry) (no red) 	<ul style="list-style-type: none"> • Canned, fresh, or frozen fruit • Tomato juice
Soups	<ul style="list-style-type: none"> • Clear broth or bouillon (beef, chicken, vegetable) 	<ul style="list-style-type: none"> • Cream soups, soups with vegetables, noodles, rice, meat, or other chunks of food • Cream based broths
Beverages	<ul style="list-style-type: none"> • Water, plain or flavored (still or sparkling) • Ice Chips • Tea (black only, no milk or cream) • Gatorade, Pedialyte, Powerade • Carbonated and non-carbonated soft drinks that are light in color (Sprite, 7-UP, Ginger ale) (no red) 	<ul style="list-style-type: none"> • Coffee • Red liquids • Alcoholic beverages • Protein Shakes
Sweets and Desserts	<ul style="list-style-type: none"> • Jell-O (no red, purple, blue) • Popsicles without fruit or cream (no red, purple, blue) • Fruit ices (without chunks of fruit) (no red, purple, blue) • Clear hard Candy 	<ul style="list-style-type: none"> • All Others
Vegetables	<ul style="list-style-type: none"> • None 	<ul style="list-style-type: none"> • All
Milk and Dairy Products	<ul style="list-style-type: none"> • None 	<ul style="list-style-type: none"> • All
Bread, Cereals, Grain Products	<ul style="list-style-type: none"> • None 	<ul style="list-style-type: none"> • All
Meat, Chicken, Fish, and Meat Substitutes	<ul style="list-style-type: none"> • None 	<ul style="list-style-type: none"> • All
Oil, Butter, Margarine	<ul style="list-style-type: none"> • None 	<ul style="list-style-type: none"> • All