

Endoscopy (EGD) Preparation Instructions

An upper endoscopy is a test to look at your esophagus (food pipe), stomach, and the first part of your small intestine.

During your upper endoscopy, your healthcare provider will use a flexible tube called an endoscope to see the inside of your esophagus, stomach, and small intestine on a video screen. They can also take a small tissues sample or remove a polyp (growth of tissue) during your procedure.

Important: Please read the following information carefully. If preparation instructions are not followed, your procedure will need to be rescheduled. If you do not understand the instructions in this handout, please call 406-898-1200 and we will answer any questions you may have.

Medications

- Discuss medications you are taking with your prescribing doctor. Your prescribing doctor will provide instructions for how to appropriately adjust your medications prior to your procedure.
- Examples of medications that potentially need to be adjusted are blood thinners, diabetes medications, and insulin.
- Automatic Implantable Cardioverter-defibrillator (AICD): Tell your doctor if you have an AICD. You will need a clearance letter from your cardiologist prior to the procedure.
- If medication doses have not been appropriately assessed by the prescribing doctor your procedure will be rescheduled. If you have questions, please call 406-898-1200.
- Please contact 406-898-1550 if your prescribing physician does not allow you to hold your anticoagulants/blood thinners 3 days prior to the procedure.

Appointment Details

Date of Procedure:

Check-In Time:

The Surgery Center will contact you the business day before to confirm your check in time.

- **To Reschedule or cancel your procedure, please contact the surgery center scheduling team at 406-898-1430 between 8:00am-5:00pm Monday-Friday.**

Appointment Details Continued

LOCATION: Billings Clinic Bozeman Surgery Center 3905 Wellness Way Bozeman, MT 59718

Your procedure will take place in the Billings Clinic Bozeman Surgery Center and take about 2-3 hours from check-in to discharge.

Transportation

You cannot drive yourself, take a taxi, uber or leave the endoscopy unit alone. Arrange for a friend or family member (must be 18yrs+) to stay during your entire procedure and take you home. Upon check-in, if you do not have a driver with you, your examination will be rescheduled. If you have difficulty making arrangements for a driver, please call 406-898-1200.

What to Bring

Your wallet, insurance information, AICD card if applicable, your rescue inhaler (albuterol, etc.) if applicable, a case for your glasses, and your Healthcare Proxy form if you have one.

3 Days Prior to Procedure

Stop all blood thinners, NSAID's (Ibuprofen, Aleve, etc.), iron supplements, and Vitamin E. You can take Tylenol. Please notify your Primary Care Provider or Cardiologist prior to stopping blood thinning medications.

- Please contact 406-898-1550 if your prescribing physician does not allow you to hold your anticoagulants/blood thinners 3 days prior to the procedure.

1 Day Prior to Procedure

Begin a clear liquid diet after midnight. A clear liquid diet consists only of liquids that you would be able to read a newspaper through. You may not drink alcohol the morning of your procedure. Do not drink anything that is red, purple, or blue in color.

Clear Liquid Diet Includes

- Water, mineral water
- Clear fruit juices without pulp (apple, white grape)
- Clear carbonated soft drinks



Bozeman

- Coffee or tea (without cream or milk)
- Clear Sports drinks such as Gatorade.
- Jell-O

5 Hours Before Procedure

Stop drinking all clear liquids and medications. This means that you should have nothing by mouth 5 hours before your procedure, this includes ice chips.

After Your Procedure

You will spend time in your post-procedure room where our nursing staff will monitor and care for you. Once it is felt safe, you will be able to leave with your driver. You will receive a printed copy of your endoscopy procedure for your own records. Once home, you may resume your normal diet and medications. Due to the medications given during the procedure. Do not drink alcohol for 24 hours after your procedure.

We recommend you do not work, shop, or drive for the remainder of the day. You may resume your normal activities 24 hours after your procedure. You will receive a phone call the following day from our nurses to check on you.

If you were not scheduled for a follow up appointment with the GI clinic after having your endoscopy or follow up was part of your discharge instructions, please call 406-898-1200 to schedule with the GI clinic.

Important Reminders

- It is crucial that you contact your prescribing physician about adjusting your medications prior to your procedure. For example, blood thinners and diabetes medications must be adjusted.
 - Take only medications your healthcare provider told you to take the morning of your procedure
- You cannot leave by yourself or drive home. You will need a person (18 yrs+) present the entirety of your procedure, from check-in to discharge, that will drive you home.
- Nothing by mouth 5 hours before your procedure.
- No lotion, cream, powder, makeup, perfume, or cologne the day of your procedure.
- Remove any jewelry, including body piercings.
- Leave valuable objects (such as credit cards and jewelry) at home.
- If you wear contact lenses, wear your glasses please.

When to Call your Healthcare Provider

- Call your Healthcare Provider or go to the Emergency Room if you have any of the following:
 - A fever of 101 degrees Fahrenheit (38.3 degrees Celsius) or higher
 - Chest pain or shortness of breath (difficulty breathing)
 - Severe pain, hardness or swelling in your abdomen/stomach.
 - Blood in your vomit
 - Weakness, faintness, or both
 - Any other questions or concerns please contact us at 406-898-1200.