

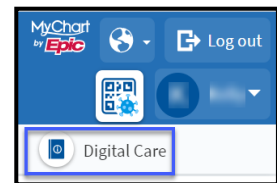
Thank you for choosing Duke Health for your healthcare needs. Your provider ordered an upper endoscopy (EGD). A link to your procedure information is available at My Duke Health. Please review your procedure information to prepare for your procedure. Your stomach must be empty for this procedure. Due to your current health history or medicines, your provider has ordered an extended prep. Follow these preparation instructions to prepare for your EGD.



What is an Upper Endoscopy (EGD)? An upper endoscopy is a procedure that looks at your upper GI tract (esophagus, stomach, and duodenum). Your doctor will place a flexible tube into your mouth. The tube is passed through your esophagus, stomach, and duodenum. Your provider may take biopsies during the EGD. You will receive IV sedation to help you sleep and stay comfortable during your procedure. If you have questions about your prep, procedure, or appointment, call Duke GI at (919) 684-6437.

Planning for Your Procedures - Two (2) weeks before your procedures:

- Log into My Duke Health to review your procedure information. Select Digital Care for the link to the printed information.
- Read your instructions.
- For this procedure, follow these step-by-step instructions.
- Purchase the clear liquid diet items.
- Find a family member or friend who can drive you to your procedure, **stay with you**, and drive you home. Your driver needs to stay in the endoscopy department during your procedure. Your driver must be an adult over 18 with a valid driver's license. You cannot go home in a taxi, bus, or ride-share.
- Review your procedure location (address), date, and arrival time.
- Plan to be in the GI department for about four (4) hours for your procedure.
- You will receive IV sedation for your EGD. You cannot drive or work for 24 hours after sedation.
- Print these instructions and place them in a safe place, like on your refrigerator.



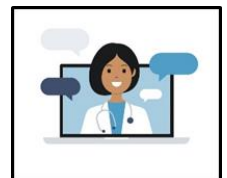
Shopping List - Prep Items

Purchase the clear liquids at any grocery store.

- Purchase assorted clear liquids to drink the day before and the day of your procedure.
- Review the clear fluid list on page 2. ****Do not buy Red or Purple fluids.****

TWO (2) WEEKS Before Your Procedure

- If you have diabetes, talk to your provider about your diabetes medicine.
- If you take medicine that thins your blood, ask your provider if you need to hold your medicine. (Examples Coumadin, Pradaxa, Eliquis, Xarelto, Plavix, Effient, or Brilinta).



FIVE (5) DAYS Before Your Procedure

- Stop taking Fish Oil supplements.

ONE (1) DAY Before Your Procedure – When you Wake Up

- Do not eat any solid food for the entire day. You cannot eat any solid food until after your procedure.
- Drink clear liquids all day (review the clear liquid list on page 2).

The Day of Your Procedure – When You Wake Up

- Do not eat any solid food for the entire day. You cannot eat any solid food until after your procedure.
- Follow your provider's instructions and take your medicines.
- FOUR** hours before your procedure time, STOP drinking all fluid.

Upper Endoscopy (EGD) Procedure Extended Preparation Step-by-Step Instructions

Preparation Information and Frequently Asked Questions (FAQs)

If you have a Pacemaker or Internal Defibrillator: Bring your device information card to your anesthesia appointment and on the day of your procedure. Give the device card to your nurse when you check in for your procedure.

If you do not or cannot accept blood products in an emergency, please call The Duke Center for Blood Conservation at (919) 668-2467 one week before your procedure.

I am a diabetic. Should I take my diabetes medicines?

If you take insulin or have an insulin pump:

Contact your diabetes provider to ask if you need to adjust your insulin dose. Check your blood sugar several times the day before and the day of your procedure. Drink clear fluids with protein like chicken, beef, or vegan broth. Buy both low-sugar and no-sugar clear fluids to drink.

I am a diabetic. Should I take my diabetes medicines when I drink my prep?

If you take pills for diabetes but not insulin:

Do not take your diabetes medicine on the day of your procedure unless your provider tells you to continue this medicine. Check your blood sugar on the day of your procedure. Drink clear fluids with protein like chicken, beef, or vegan broth. Buy both low-sugar and no-sugar clear fluids to drink.

Can I drink alcohol, wine, or beer before my procedure?

No, alcohol, wine, and beer are not clear liquids. Do not drink any alcohol the day before or the day of your procedure.

Why do I have to drink clears for two days?

Your stomach must be empty for this procedure. Your providers reviewed your medication list and health history. The provider feels your stomach may empty more slowly. To ensure your stomach is empty, you can't eat solid foods the day before and the day of your EGD.

Clear Liquid Examples

All fluid must be light in color and not red or purple.

- Water
- Tea and black coffee without any milk, cream, flavor, non-dairy, or powdered creamer
- Flavored or coconut water without red or purple color
- Clear, light-colored juices such as apple, white grape, lemonade without pulp, and white cranberry
- Clear broth, including chicken, beef, or vegetable
- Sodas or Seltzer such as Mountain Dew®, Ginger-ale, Sun-drop®, or 7-Up®,
- Sports drinks such as Gatorade Zero®, Hydralyte®, Pedialyte®, Powerade Zero Sugar® or Propel®
- Popsicles without fruit or cream (no red or purple colors)
- Jell-O® or other gelatin without fruit (no red or purple colors)
- Boost® Breeze Tropical Juice drink