

Thank you for choosing Duke Health for your healthcare needs. Your provider ordered an Upper GI procedure for you. Please review the information about your procedure to help you prepare. If you have questions about your procedure, appointment, or prep, please call Duke Gastroenterology (GI) at (919) 684-6437.

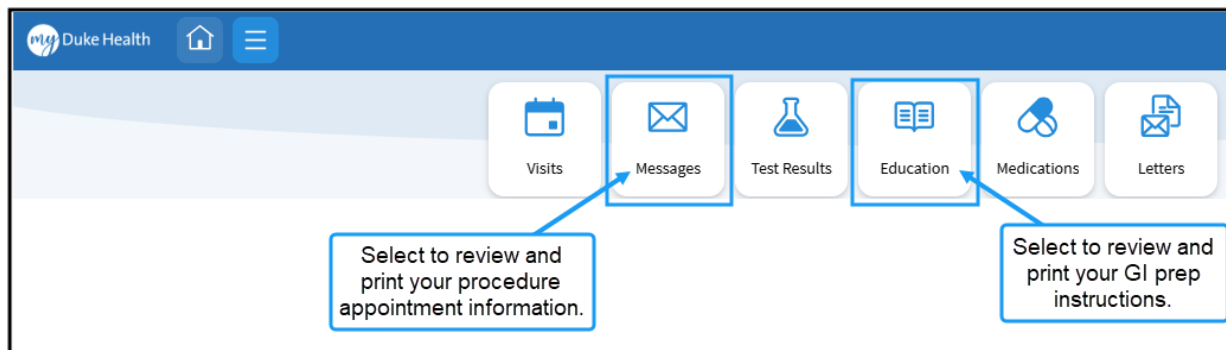
What is an Upper GI Procedure

An Upper GI endoscopy (EGD) is an exam of your upper GI tract, including the esophagus, stomach, and duodenum. The doctor will place a flexible tube into your mouth and pass it to your small intestines. More tests may be performed, like taking tissue samples (biopsies) and removing polyps. You will receive IV sedation to help you sleep and stay comfortable during your procedure. Your provider selected your procedure prep based on your health history. Your procedure prep is Clears Standard Prep.

Important: **If you are currently taking weight-loss medication, please call Duke GI at 919-684-6437 to speak with a nurse about your procedure prep instructions. **

Planning for Your Procedure – At least TWO (2) WEEKS Before Your Procedure

- **Please plan to keep the entire day open for your procedure, as your arrival time may be updated. If your arrival time is changed, we will call you. The call may come from an unknown number.**
- Log in to your My Duke Health account to review your procedure appointment and preparation details.
- Select the *Messages* icon to review and print your appointment letter. This letter includes your procedure location, date, and arrival time.
- Select the *Education* icon to review and print your GI procedure preparation instructions.
- Put your appointment letter and procedure prep instructions in a safe place, like on your refrigerator. Review the information on confirming your procedure.
- Ask a family member or friend to 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.
- For their safety, children are not allowed in the procedure area. Please make childcare arrangements.
- Plan to be in the GI department for about 2 to 4 hours, depending on your scheduled procedure.
- Since you will receive IV sedation for your procedure, you cannot drive or work for the rest of the day.
- If you have diabetes, contact your diabetes provider to ask if you need to adjust your medicine or insulin.
- If you take medicine that thins your blood, ask your provider if and how long you need to hold your medicine. (Examples Coumadin, Pradaxa, Eliquis, Xarelto, Plavix, Effient, or Brilinta).



Confirmation Process: Confirm your appointment date and time at least two (2) weeks before your procedure.

You can only confirm in any one of the following ways:

- My Duke Health account: Log in to your account 14 days before your procedure and follow the steps to confirm your procedure.
- Care Convoy app: Download the app, log in, and select “Confirm Procedure.”
- Through the GI team: Reply to the message from the GI team in your My Duke Health account or answer/return our phone call to confirm your procedure.
- Important: If you do not confirm your procedure, it will be canceled.



GI Procedure Support

- Duke GI offers patients free access to the Care Convoy® mobile health app. This app was created for Duke GI patients to support you through your GI procedure.
- Care Convoy® provides step-by-step guidance for your preparation. It helps you understand what to do and when. You can also confirm your procedure appointment in the app.
- Download the app from Google Play or the Apple App Store by using this QR code. You may also receive an email from Care Convoy® with instructions for downloading and using the app.



Shopping List - Prep Items

- ☐ Assorted clear liquids to drink the day before and the day of your procedure.
- ☐ Review the clear fluid list below. ****Do not buy Red or Purple fluids. ****



TWO Weeks (14 Days) Before Your Procedure

- ☐ If you feel sick, including having a cough or fever, or if you have recently tested positive for COVID-19, Flu, or RSV, please contact Duke GI to reschedule your procedure.
- ☐ Confirm your endoscopy procedure date, time, and location.

SEVEN (7) DAYS Before Your Procedure

- ☐ Stop taking iron pills and/or any other supplement with iron.

FIVE (5) DAYS Before Your Procedure

- ☐ Stop taking Fish Oil supplements.

ONE (1) DAY Before Your Procedure

- ☐ Eat your regular diet today.
- ☐ Stop eating all food at 12:00 am (midnight). You can drink clear fluids; see the list below.
- ☐ Stop using any chewing tobacco until after your procedure tomorrow.

The Day of Your Procedure



- ☐ **Do not eat any food.** Drink only clear fluids.
- ☐ Do not chew anything, including mints, candy, or gum.
- ☐ Follow your provider's instructions and take your medicines with a sip of water.
- ☐ **FOUR (4) hours before your procedure time, STOP drinking all liquids.**
- ☐ Do not use any tobacco or tobacco products, including smokeless tobacco, cigars, pipes, e-cigarettes, or vapes.
- ☐ Do not apply any lotions, perfume, make-up, or hair products.
- ☐ Do not wear contact lenses.
- ☐ Do not wear any jewelry. Leave all valuables at home.
- ☐ Remove ALL facial and body piercings and jewelry before arriving for your procedure. Any piercings or jewelry that cannot be removed after arrival may result in the cancellation of your procedure.
- ☐ Bring a government-issued ID and your insurance card(s), and any required co-payment.



Clear Liquid (Fluid) Examples

You can drink any of these fluids (liquids). **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
- Jell-O® or other gelatin without fruit
- Boost® Breeze Tropical Juice drink

Prep Frequently Asked Questions (FAQs)

If you have a Pacemaker or Internal Defibrillator, bring your device information card to your anesthesia and procedure appointment. When you check in for your procedure, give the device card to your nurse.

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 diabetic. Should I change my insulin or medicine during the clear liquid diet?
Contact your diabetes provider to ask how to adjust your medicines or insulin for this procedure.

Is alcohol, wine, or beer an acceptable clear liquid? No, alcohol, wine, and beer are not clear liquids. Do not drink any alcohol the day before your procedure.

What if I lose my prep information?

Log in to your My Duke Health account to review your procedure appointment and preparation details. Select the *Messages* icon to view and print your appointment letter. This letter includes your procedure location, date, and arrival time. Select the *Education* icon to view and print your GI procedure preparation instructions.