

PREPARING FOR YOUR UPPER ENDOSCOPY **(EGD or Esophagogastroduodenoscopy, ERCP or EUS)**

Questions after reading this?

Call the GI Triage Line at 720-723-6166, Monday – Friday and leave a message. An RN will call you back within 48 hours, or on Monday if you call on the weekend. For questions at night or on weekends, call 303-399-8020, select “0” and ask for the GI doctor on call.

As soon as you schedule your colonoscopy

- Please arrive 60 minutes before your appointment time, Building D-3rd floor Mt. Harvard room. Expect to be here, from check to discharge, for up to four (4) hours.
- For all procedures involving **Sedation/Anesthesia**:
For your safety, an adult should accompany you home after procedures with sedation. The adult can drive you home or accompany you on public transportation. **No Uber/Lyft, taxi, bus or any other form of public transportation can be used if you are alone after sedation.**
There are a few options that can be arranged prior to your procedure if you do not have an adult to assist you. If there are safety concerns, your procedure will be canceled.
No adult to assist you? Call Veteran Transportation Service If living within 25 miles of RMR VAMC. Call (720)-857-5421/5420/5419 at least 7 days before procedure date to schedule a ride.

14 days before your upper endoscopy

- The Anticoagulant Clinic should call you if you take a blood thinner such as Warfarin/Coumadin, Eliquis/Apixaban, Xarelto/Rivaroxaban or Pradaxa/Dabigatran. If they haven't by fourteen days prior to the procedure, call 720-723-6756.
- If you are on Plavix/Clopidogrel, Brilinta/Ticagrelor, Pletal/Cilostazol, Aggrenox/Aspirin with Dipyridamole or Prasugrel/Effient, you should receive a call from the GI Department at least fourteen days prior to the procedure. If you don't, please call 720-723-6166.

3 days before your upper endoscopy

- STOP taking any Vitamin E, fish oil, mineral oil, or flaxseed oil. These can cause bleeding.

The day before your upper endoscopy

- Eat as you normally would.
- Take all your regular medications, unless advised otherwise by a health care provider or in the instructions below.

The night before your upper endoscopy

- **Stop eating and drinking at midnight!**

The day of your upper endoscopy

- Take any morning medications you need at least FOUR HOURS BEFORE your endoscopy, with a few sips of water to swallow any pills, tablets or capsules.
- You may have sips of water until FOUR HOURS BEFORE your appointment.
- *During the FOUR HOURS BEFORE your endoscopy, for your own safety, there should be NOTHING IN YOUR MOUTH, not even chewing gum.*
- *If you have ANYTHING WITHIN those four hours, even WATER, your endoscopy will be delayed or canceled.*

Do you have diabetes? Take special care the day of your endoscopy!

- ✓ Monitor your blood sugar every 4 hours.
- ✓ The morning OF your endoscopy, do NOT take any insulin or other diabetes medications.
- ✓ Taking any of the following GLP-1 Diabetic medications? if taking once daily, stop taking 2 days before procedure. If taking once weekly, stop 7 days before procedure: Dulaglutide, Exenatide, Liraglutide, Lixisenatide, Semaglutide, Tirzepatide. Stop taking Phentermine 7 days before procedure.