

EGD Prep Guidelines and Information

7 days prior to EGD

- Review the medication list to make sure you have stopped all required medications
- Have a plan for blood thinners (if applicable). Continue baby aspirin
- Read Procedure Financial Policy and contact insurance company to inquire about coverage
- **If you must cancel, we require a 5 (five) business day notice to avoid a \$100 cancellation fee**
- Avoid seeds, nuts, popcorn, corn and beans
- Expect a call from anesthesia pre-screening within this week prior to procedure except if your procedure is scheduled at the Lakes Surgery Center. You will receive a text message to complete medical history

One day prior to EGD

- You will receive a call with your final arrival time after 1pm.
- Make sure you have a driver whom can remain on the premise throughout the duration of your procedure. You may **NOT** use a taxi, uber, lyft, bus or shuttle service
- You can continue baby aspirin
- **DO NOT** eat solid food after 10pm. You may continue a clear liquid diet

Day of the EGD

- Make sure you have your ID and Insurance cards. Leave all jewelry, cash, credit cards, cell phone, and other valuables at home or with your driver
- Continue clear liquids as needed until 2 hours before your arrival time

DATE:

SCHEDULER:

DOCTOR:

SCHEDULED AT:

- Corewell Health Farmington
28080 Grand River Ave, Door #3
Farmington Hills, MI 48336
- Lakes Surgical Center
2300 Haggerty Rd, Ste. 1000
West Bloomfield, MI 48323
- Huron Valley Hospital
1 William Carls Drive
Commerce, MI 48382
- Michigan Endoscopy Center (MEC)
30055 Northwestern Hwy, Ste. L-60
Farmington, MI 48334
- Michigan Endoscopy Center (NOVI)
47601 Grand River Ave, Ste. D-110
Novi, MI 48374

CLEAR LIQUID DIET DO's and DON'Ts

The clear liquid diet is designed to keep your stomach and intestines clear.

It also limits strain on your digestive system while giving your body enough fluid.

If you have any questions about what foods and beverages are allowed, please contact the office.

DRINKS THAT ARE OK	DRINKS THAT ARE NOT OK
Water, plain, carbonated or flavored	Pulpy juices, such as orange, pineapple and grapefruit
Tea or coffee without milk, cream or nondairy creamer	Milk Products (Dairy and Non-Dairy)
Sports drinks with electrolytes	Milk shakes
Carbonated drinks and beverages	Malt
Fruit juices such as apple or white grape. NO PULP	Alcoholic drinks

FOODS THAT ARE OKAY	FOODS THAT ARE NOT OKAY
Clear broth, Bouillion	Vegetables
Honey	Fruits
Hard candies	Meat or Poultry products
Gelatin without fruit	Bread
Popsicles without milk, bits of fruit, seeds or nuts	Pasta
Sugar	Rice, grains
Fruit ices	Cereals
Sorbet without milk, bits of fruit, seeds or nuts	Seeds, nuts, popcorn, corn, beans and legumes

Medications to Stop Prior to your Colonoscopy

Medication Category	Examples		When to Hold
Anticoagulants / Blood Thinners	Angiomax Eliquis Heparin Lovenox Plavix	Pradaxa Savaysa Xarelto Warfarin (Coumadin)	*Hold 3-7 days. Inform us if you are taking any of these. We require a clearance from your prescribing physician.
Antiplatelets	Aspirin (if directed) Dipyridamole	Prasugrel Ticagrelor	*Hold 7 days prior
NSAIDs	Diclofenac Ibuprofen Ketoprofen Ketorolac	Meloxicam Naproxen Relafen Oxaprozin	*Hold 5 days prior
Iron Supplements	Ferrous Fumarate Ferrous Gluconate Ferrous Sulfate	Iron Bisglycinate Polysaccharide Iron Complex	*Hold 7 days prior
Herbal Supplements	CBD oil Echinacea Ephedra Fish Oil Garlic Ginkgo	Ginseng Kava St. John's Wort Valerian Vitamin E	*Hold 7 days prior
Oral Antidiabetes	Glimepiride Glipizide Glyburide	Metformin Pioglitazone Rosiglitazone	*Hold one day before and morning of your procedure
Insulin	NovoLog Apidra HumaLog Humilin	Novolin Tresiba Levemir Lantus	*Typically reduce dose by 50% day before procedure and hold day of procedure. Monitor frequently and adjust as needed.
SGLT-2 Inhibitors	Farxiga Glyxambi Invokana Jardiance	Qtern Steglatro Steglujan	*Hold 4 days prior. Inform us if you are taking any of these. We may require clearance.
GLP-1 Agonists	Adlyxin Bydureon Byetta Mounjaro Ozempic Rybelsus	Saxenda Trulicity Victoza Wegovy Zepbound	*Hold 7 days prior. Inform us if you are taking any of these. We may require clearance.
Diet Medications	Contrave Phentermine Setmelanotide	Topiramate ER Xenical	*Hold 7 days prior

Esophagogastroduodenoscopy (EGD) FAQs

What is EGD?

An EGD, or upper endoscopy, is a procedure to examine the upper part of your digestive tract. The physician uses a thin, flexible tube with a light and camera on the end of it. During this procedure, your physician can examine the lining of the esophagus, stomach and first part of the small intestine called the duodenum. It is effective for the diagnosis of GERD, ulcers, celiac disease, inflammation, infections, GI bleeds, obstructions and cancers.

Is an EGD painful? Will I be sedated?

No, an EGD is not usually painful although it is common to have a sore throat for a day or two after. You may also have some bloating and gas. You will receive a moderate sedation for the exam, which means that an intravenous line is placed, and medications are given intravenously. You are very drowsy, but comfortable and still breathing on your own.

How should I prepare for my EGD?

It is very important to follow the instructions provided by your physician. You will need to fast from 10pm the night before your procedure until after your procedure is complete. If you have any questions regarding your preparation, please contact the office scheduling line at 248.516.3778.

I don't have a ride. Is that okay?

No. If you do not have a responsible adult to accompany you, **YOUR PROCEDURE WILL BE CANCELLED**. You may NOT use a taxi, uber, lyft, bus or shuttle service or any other ride-share services.

What medications can I take before my procedure?

Most medications should be continued as usual, but some may interfere with the examination. It is best that the provider is informed of all current prescriptions or over-the-counter medications. Refer to the detailed list of medications in your prep packet.

How will I learn the results of the test?

Your results should be completed within two weeks depending on if you had a biopsy. Your results will be uploaded into your chart. We encourage you to create a MyChart account to receive your results in a timely manner. You may do so here: <https://mychart.corewellhealth.org>

Does my insurance cover this procedure?

You should check with your health insurance provider to determine your benefits. An EGD is a diagnostic procedure. There are NO screening EGD codes that are covered under health maintenance with your insurance company. An EGD will generally apply to co-pays and deductibles. Refer to Procedure Financial Policy for additional information.