



WHAT TO DO BEFORE YOU HAVE AN UPPER ENDOSCOPY

WHEN	WHAT YOU NEED TO DO	DETAILS
At least 7 days before your procedure	<ul style="list-style-type: none"> • Arrange for someone to drive you to and from your procedure (Required for sedation) • Check which medicines you may need to stop; especially if you are taking any blood thinning medications like Coumadin, Plavix, Lovenox. 	<ul style="list-style-type: none"> • The person who is escorting and driving you must stay in the building during the entire length of your procedure. Public transportation (taxis, buses, Uber/Lyft), non-medical transport, or walking home is not allowed without a chaperone. • If you are having BRAVO pH testing done, stop all reflux/acid medicine 7 days before your procedure unless indicated by your physician. • If you are taking blood thinners or have diabetes, see additional instructions under <i>Endoscopy: frequently asked questions</i>
1 Day before your procedure		
During the day	<ul style="list-style-type: none"> • You may eat a normal diet the day before your procedure 	
Day of your procedure		
	<ul style="list-style-type: none"> • Take all prescribed medicines as usual with a small sip of water 	<ul style="list-style-type: none"> • Continue ALL blood pressure medicines • Do NOT take any blood thinners • OK to continue with aspirin • Most upper endoscopies take about 20 minutes to perform. You and your driver should plan to be in our endoscopy lab for about 2 hours.
If your EGD is scheduled in the morning	<ul style="list-style-type: none"> • Do NOT eat any solid food after midnight • You can take your morning medications with a small sip of water but do NOT have anything to drink within 2 hours of your arrival time. 	If you are diabetic: <ul style="list-style-type: none"> • Do NOT take your diabetic medicines or insulin the day of the procedure • Check your glucose level at home before coming to the endoscopy lab.
If your EGD is scheduled in the afternoon (after 1pm)	<ul style="list-style-type: none"> • Do NOT eat any solid food after 5 am • You may have clear liquids early in the morning but you may not have anything to drink within 2 hours of your arrival time 	If you are diabetic: <ul style="list-style-type: none"> • Do NOT take your diabetic medicines or insulin the day of the procedure • Check your glucose level at home before coming to the endoscopy lab.



UPPER ENDOSCOPY: FREQUENTLY ASKED QUESTIONS

What do I need to remember on the morning of my appointment?

- Do not wear any jewelry and do not bring valuables with you.
- Your driver must be a responsible adult who must stay in the building during the entire length of the procedure (approx. 2 hours).

Why can't I drive myself home after the procedure?

You will be given medicine that will make you sleepy for your procedure. This medicine impacts your judgment and reflexes. And for medical and legal reasons, you may not drive yourself home after your procedure.

Who can accompany me to my appointment?

The person who is escorting and driving you must be a responsible adult over the age of 18. This can be a family member, friend, or caregiver.

Can I take a taxi, bus, or walk home by myself?

No. Public transportation (taxis, buses, Uber/Lyft), non-medical transport, or walking home is not allowed without a chaperone.

How long will the test take?

Upper endoscopy takes about 30 minutes to complete. However, please plan to spend about 2 hours at the endoscopy lab.

Can I drink alcoholic beverages?

Avoid drinking alcohol for several days prior to your scheduled procedure since alcohol can cause dehydration and may thin your blood.

Can I chew gum? Brush my teeth? Wear my dentures?

Yes, you may chew gum but avoid those with soft centers or red or purple coloring. Yes, you may brush your teeth. Yes, you may wear your dentures to the endoscopy lab. However, you may be asked to remove them before the procedure.

Which medicines should I stop taking before my procedure?

- If you're having a Bravo pH study done, stop all reflux/acid medication 5 days before your procedure unless indicated by your physician.
- ALL blood thinners. Consult with your doctor about when to stop Coumadin (usually 7 days), (Pradaxa usually 48 hours), clopidogrel (Plavix usually 5 days).

Which medicines am I allowed to take?

- Tylenol is OK to continue taking
- You do NOT need to stop your daily aspirin, as it is safe to perform endoscopic procedures while taking aspirin.
- It is safe to perform endoscopic procedures while using anti-inflammatory medicines such as ibuprofen (Motrin, Advil) and naproxen (Aleve). We do recommend you try and limit their use (if possible) within 7 days before the procedure.

Which medicines should I take on the day of my upper endoscopy?

Continue to take any heart, blood pressure, asthma, anxiety, and seizure medicines on the day of your procedure. If you take blood pressure medicine you should take it on the day of your test with a small sip of water at least 3 hours before your test.

What if I take diabetes medicine?

It is important you check your blood sugar often on the day of your procedure. Since you may be on clear liquids, your blood sugar will tend to drop faster than normal. This can be avoided by including some fluids with regular sugar in your diet. If you feel like you have symptoms, treat with sugar or glucose tablets.

Diabetic medicines: On the DAY OF your procedure:

- Do not take ANY diabetic medicines, including both insulin and oral medicines.
- Check your blood sugar in the morning, and prior to traveling to the endoscopy lab.



UPPER ENDOSCOPY: FREQUENTLY ASKED QUESTIONS

Will I need antibiotics?

If you have a prosthetic heart valve or had a previous joint replacement, the latest recommendations from the Gastrointestinal and Cardiovascular societies do not recommend the use of antibiotics for routine endoscopy regardless of prosthetic devices. If you are a patient receiving peritoneal dialysis, please ask your doctor if you should receive antibiotics before your procedure.

When will I get the results of my upper endoscopy?

You will be given verbal and written instructions immediately after your procedure. If biopsies are taken or if polyps are removed, it may take up to two (2) weeks for the pathologist to process and review these specimens. You will then receive your results either by email, letter or by phone. Please do not call or email for results until after 2 weeks has passed.

Where can I have my procedure?

Loma Linda University Health offers 2 locations that you can have your upper endoscopy performed at:

Loma Linda University Medical Center

11234 Anderson Street
Loma Linda, CA 92354
GI Lab is on the Lobby Level – Suite 1405

Mountain View Surgery Center

10408 Industrial Circle
Redlands, CA 92374

How do I schedule my procedure?

If you want your procedure done at the Loma Linda Medical Center, please call: (909) 558-4668, option 2 (scheduling)

If your doctor says you are a healthy individual with no pre-existing medical conditions, you may also have your procedures done at Mountain View Surgical Center. Please call: (909) 558-2850 to schedule.

I have more questions about my procedure, who do I call?

For procedures scheduled at **Loma Linda Medical Center**, please call (909) 558-4668, option 4.

For procedures scheduled at **Mountain View Surgery Center**, please call (909) 796-7803, option 2.

