Associates in Gastroenterology and Endoscopy Centers of Colorado Springs

IMPORTANT: For your safety, YOUR PROCEDURE WILL BE CANCELLED if these instructions are not followed.

❖ **GLP-1 agonist medications currently available on the U.S. market include:**

- Dulaglutide (Trulicity®)
- Exenatide (Byetta®)
- Exenatide extended-release (Bydureon®)
- Liraglutide (Victoza®)
- Lixisenatide (Adlyxin®)
- Semaglutide injection (Ozempic® or Wegovy®)
- Semaglutide tablets (Rybelsus®)
- Tirzepatide (Mounjaro® or Zepbound®)

If you take any of these medications orally, **hold it the morning of your procedure**.

If you take the injectable form of these medications, hold it for **7 days prior** to your procedure.

❖ **Sodium Glucose Costransporter-2 Inhibitors (SGLT-2) class include:**

- Invokana® (canagliflozin)
- Jardiance® (empagliflozin)

Hold these medications for **3 days prior** to your procedure.

- Steglatro® (ertugliflozin)
- Farxiga® (dapagliflozin)
- Sotafliflozin (Inpefa)

Hold these medications for **4 days prior** to your procedure.

UPPER ENDOSCOPY (EGD) INSTRUCTIONS

Associates in Gastroenterology, P.C.
719-635-7321
www.agcosprings.com

Your Appointment is scheduled for:

Date: _____

Check-In Time: _____

Procedure Time: _____

Location:
Endoscopy Centers of Colorado Springs

- ❑ Audubon Medical Campus
  2940 N. Circle Dr.
- ❑ St. Peregrine Pavilion
  6031 E. Woodmen Rd. Ste. 100

Hospitals

- ❑ Penrose Main Hospital GI Lab
  2222 N. Nevada Ave.
- ❑ St. Francis Hospital GI Lab
  6001 E. Woodmen Rd.

If you are scheduled at a hospital:

- Call 776-8010 one (1) week prior to your procedure to pre-register
- Check in at registration –they will direct you to the GI Lab.

Preparing for Your Procedure

Stop taking the following medications:
You will need to stop taking certain blood-thinning medications in the days before your endoscopy. If you take a blood-thinning medication, please check with the doctor who prescribed your medication before stopping it.

7 Days Prior To Your Procedure:

- Stop taking all anti-platelet medications: Plavix (clopidogrel), Pletal, Ticlid, Aggrenox, Anagrelide, or Effient.

5 Days Prior To Your Procedure:

- Stop taking Coumadin (warfarin), Brilinta, and Jantoven.

2 Days Prior To Your Procedure:

- Stop taking Pradaxa, Xarelto (rivaroxaban), Eliquis (apixaban), and iron supplements.

12 Hours Prior To Your Procedure:

- Stop taking Lovenox, aspirin, ibuprofen, other NSAIDs

Fast before the endoscopy.
You may have small amount of food and drink up to 8 hours before the procedure. You will need to stop drinking and eating eight hours before your endoscopy to ensure your stomach is empty for the procedure.

Eight hours prior to your procedure:
Stop eating and drinking and have nothing more by mouth.
(This includes gum, lozenges, and hard candy.)

IF YOU DO NOT STOP EATING AND DRINKING (8) EIGHT HOURS BEFORE YOUR PROCEDURE, YOUR PROCEDURE MAY BE CANCELLED.

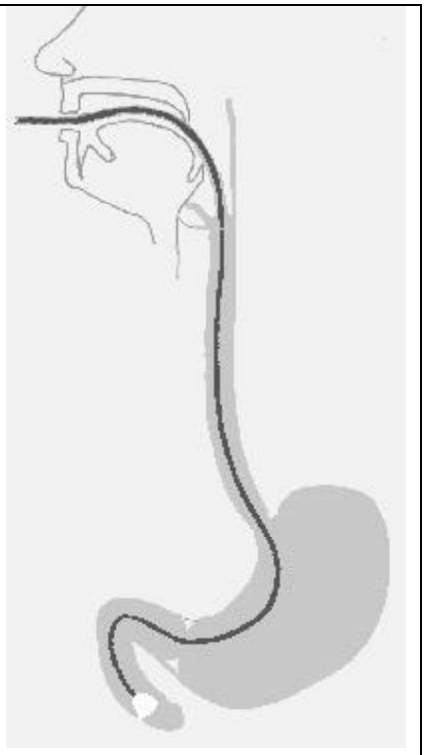
Bring a medication list.
Tell your doctor about all the medications and supplements you are taking before your endoscopy. Be sure to bring a medication list with you. If you take heart, blood pressure, or seizure medication routinely, you may take the medication up to 2 hours before your procedure with a small amount of water. If you are diabetic, hold oral medications the morning of your procedure. If you take insulin, take only half of your normal dose depending on your morning glucose level.

Plan ahead for your recovery.
You will receive anesthesia/sedation for this exam. You may feel mentally alert, but your memory, reaction times, and judgment may be impaired. You will not be allowed to drive or go back to work until the day after the procedure.
IF YOU DO NOT HAVE A DRIVER HOME, YOUR PROCEDURE WILL BE CANCELLED.

FOR YOUR SAFETY, DO NOT SMOKE, VAPE, OR CHEW TOBACCO (6) SIX HOURS BEFORE YOUR PROCEDURE.
DO NOT USE MARIJUANA THE DAY OF YOUR PROCEDURE.

What happens during an EGD?

- Before the procedure, a nurse will place an IV (Intravenous) access into your vein. This will provide a rapid effective way to administer the sedation/anesthesia medications for the procedure.
- You will lie on your left side for the procedure. The nurse will place a piece of plastic between your teeth to keep your mouth open during the exam.
- Once you are in position, you will receive the sedation/anesthesia medications through the IV.
- The instrument will be inserted through your mouth and into the esophagus, stomach and duodenum (small intestine).
- During the procedure, your physician may introduce air or water into your stomach to help with visualization.
- A biopsy (small tissue sample) and photos may be obtained during your procedure.
- If a biopsy is performed, your physician will review this with you afterwards and may tell you not to take aspirin or NSAIDs for several days afterward. (You will receive a letter in 7 to 10 days explaining the biopsy results.)



What happens after your procedure?

After your procedure, you will be monitored and allowed to recover from the sedation/anesthesia. This typically takes 15 to 30 minutes.

- Someone must drive you home. Even if you feel alert after the procedure, your judgment and reflexes could be impaired for the rest of the day due to the medications you received.
- You will be able to resume a normal diet immediately after you leave unless your physician instructs otherwise.
- You will receive a copy of your procedure report to take home with you, and your referring physician will receive a copy in the mail usually within one week.
- Your abdomen may be sore for a while, and you may feel bloated after the procedure because of air introduced into your GI tract during the test.
- Rarely, you may have a sore throat lasting 1-2 days. You can use throat lozenges for relief. Popsicles are also soothing.

What are the possible complications of an EGD?

Upper endoscopy (EGD) is generally safe and complications are rare when the test is performed by a Board-certified gastroenterologist.

- Irritation may occur at the site where your medications were given, sometimes leaving a tender lump that can last for several weeks. Applying hot moist towels may help relieve discomfort.
- Bleeding can occur at a biopsy site or where a polyp was removed, but it is usually minimal and rarely requires follow-up. If you notice any bleeding, you should report this to your physician. Your physician will inform you when you can resume blood thinning medications.
- Rarely, a tear in the wall of the gastrointestinal tract (perforation) could require hospitalization or emergency surgery.
- Other rare risks include a reaction to the sedatives/anesthesia used or aggravation of heart or lung diseases. Please call immediately if after the procedure you develop fever, significant pain, or bleeding.