

CARSON VALLEY HEALTH GASTROENTEROLOGY

Upper Endoscopy (EGD) Instructions

Procedure Location:

Carson Valley Health Surgery Center
1107 Highway 395 N
Gardnerville, NV 89410

Procedure Date: _____

An upper endoscopy (also called an EGD) allows your provider to examine the lining of your esophagus, stomach, and first part of the small intestine using a thin, flexible camera.

What to Expect

During the procedure, you will receive medication through an IV to help you relax and remain comfortable. Your provider may take small tissue samples (biopsies) during the procedure. Biopsies are painless and are commonly obtained even when the lining appears normal.

The procedure typically takes 10–20 minutes, although you should expect to be at the surgery center longer for preparation and recovery.

Preparing for Your Procedure

A completely empty stomach is important for your safety. Food or liquid remaining in the stomach can increase the risk of complications during sedation.

The Day Before Your Procedure

You may eat normally unless your provider gives you different instructions. Avoid heavy meals late in the evening if possible.

Midnight Before Your Procedure

Do not eat anything after **MIDNIGHT**. This includes:

- X Food or drinks of any kind
- X Candy
- X Gum
- X Mints

You may brush your teeth but do not swallow any of the water.

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Medication Instructions

Continue These Medications

If you take medications for:

- High blood pressure
- Heart conditions
- Lung or breathing conditions

Take them at your usual time with a small sip of water unless instructed otherwise.

Diabetes Medications

If you take insulin or diabetes medications, please contact our office for specific instructions before your procedure.

Blood Thinners

Please notify our office if you take:

- Eliquis (apixaban)
- Xarelto (rivaroxaban)
- Coumadin (warfarin)
- Plavix (clopidogrel)
- Brilinta (ticagrelor)
- Lovenox (enoxaparin)
- Any other blood thinner

Your provider will determine whether these medications need to be adjusted before your procedure.

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IMPORTANT

Nothing by Mouth

Do not eat food, drink any liquids, chew gum, suck on candy, or put anything in your mouth after **MIDNIGHT**.

Transportation

You will receive sedation during your procedure.

A responsible adult must be available to drive you home after your procedure. For your safety, you may not drive yourself home.

Arrival Time and Procedure Duration

The Surgery Scheduling Department will contact you 3 days before your procedure with your exact arrival time and procedure time. The procedure typically lasts 20-30 minutes, followed by a 30-minute recovery period.

After Your Procedure

You can normally return to work the next day. You should have no restrictions unless otherwise indicated by your provider after your procedure.

You can resume eating your normal diet or whatever you can tolerate after the procedure, unless otherwise directed by your scoping provider.

Questions?

Carson Valley Health Gastroenterology

 775.783.4800

Carson Valley Health Surgical Center

 775.782.1595