

## EGD (Esophagogastroduodenoscopy or Upper GI Endoscopy) Preparation

Please read these instructions one week prior to your procedure.

### What is an EGD?

An EGD (Esophagogastroduodenoscopy or Upper GI Endoscopy) is performed to evaluate symptoms of persistent upper abdominal pain, nausea, vomiting or difficulty swallowing. It is also used to find the cause of bleeding from the upper GI tract and offer possible treatment.

### When should I arrive and how long will the procedure take?

Please arrive at the GI Lab 30 minutes prior to the procedure, so that nursing, anesthesia (if applicable) and the physician can evaluate you and prepare you for your procedure. Plan to spend approximately 1 ½-2 hours at the GI Lab.

### Please note:

The time your procedure is scheduled is our best estimation as to when your procedure will begin. Circumstances may arise, i.e., emergencies, that may change the scheduled time. We will do our best to notify you as to any changes in the schedule.

### GI Lab Locations

<b>Evanston Hospital</b>	2650 Ridge Ave.	Room 1134	Evanston, IL 60201	(847) 570-2236
<b>Glenbrook Hospital</b>	2100 Pflingsten Road	1 <sup>st</sup> Floor	Glenview, IL 60026	(847) 657-5780
<b>Highland Park Hospital</b>	777 Park Ave West	B345	Highland Park, IL 60035	(847) 480-2828
<b>Highland Park Medical Group Gastroenterology</b>	1777 Green Bay Road	Suite 201	Highland Park, IL	(847) 681-4229
<b>Skokie Hospital</b>	9600 Gross Point Road	1 <sup>st</sup> Floor	Skokie, IL 60076	(847) 933-6565
<b>Vernon Hills Specialty Suites</b>	225 N. Milwaukee Ave.	1 <sup>st</sup> Floor	Vernon Hills, IL 60061	(847) 941-7660

### What should I do if I am a diabetic?

Please ask your primary care physician (PCP) to instruct you regarding taking your diabetes medications prior to your EGD (Esophagogastroduodenoscopy or Upper GI Endoscopy).

### What should I do if I am on blood thinners or have a cardiac stent?

If you have a cardiac stent OR you are on a medication such as Coumadin, Plavix, Ticlid, Lovenox, Pradaxa, Xarelto or any other blood thinner, please contact your prescribing physician to determine whether you should discontinue this medication prior to the procedure. Notify our office if you are advised not to stop one or more of these medications. It is OK to continue aspirin or other NSAIDs (Advil, Aleve, Ibuprofen, etc) prior to your procedure.

### What should I do if I have a heart defibrillator or pacemaker?

Your device must be checked within 6 months of your scheduled procedure. If it has not been checked at a NorthShore facility, please bring documentation on the day of your procedure confirming that it has been checked at another facility.

If you have a defibrillator or pacemaker, please contact the GI Lab prior to your scheduled procedure.

Glenbrook	(847) 657-5780
Evanston	(847) 570-2236
Highland Park	(847) 480-2828
Skokie	(847) 933-6565

#### ❖ Seven days prior to the procedure:

- Go online to <http://www.my-emmi.com/northshore> to watch a brief informational program on EGD (Esophagogastroduodenoscopy or Upper GI Endoscopy).
- Check with your insurance company to see if you need to be pre-certified before the procedure or if you need to get a referral from your primary care physician.

#### ❖ On the Day Before Your Procedure:

- You can continue to eat as normal until midnight. You should have nothing to eat or drink after midnight.
- **Should I take my medications on the morning of the procedure?** If you take heart or blood pressure medication, you should take it on the morning of the procedure with a small sip of water. Other medications can be taken following the procedure unless otherwise instructed by your doctor.

#### Special Instructions:

1. It is **essential** that someone be available to accompany you home in a timely manner after your procedure; typically this is 2-3 hours after your procedure start time. If you plan to take public transportation, including taxi, train, Uber, or Lyft you will need to arrange for an adult to accompany you.
2. Sedation is used during the procedure and it will be unsafe for you to drive or operate any machinery for the remainder of the day.
3. If you wear contact lens, please **do not** wear them the day of your procedure. Please bring your glasses.
4. You will not be able to return to work the day of the procedure.
5. You should not make any important decisions for the remainder of the day.
6. If you need to talk with a nurse, or cancel a procedure, please contact our Main Office at (847) 657-1900. If you must cancel your procedure, please notify our office at least one week prior to your scheduled procedure date.