

## Getting Ready for Your Upper Endoscopy (EGD)

Exam Arrival Date and Time: \_\_\_\_\_  
*Note: Arrival and Procedure Times do NOT appear in Patient Gateway. Please use this time.*

Exam performed by Dr. \_\_\_\_\_

 Brigham and Women's Hospital  
Endoscopy Center  
75 Francis Street  
Amory Building, 2<sup>nd</sup> Floor  
Boston, MA 02115

 Brigham and Women's Outpatient  
Endoscopy Center  
850 Boylston Street (Route 9)  
2<sup>nd</sup> Floor, Suite 202  
Chestnut Hill, MA 02467

### CANCELLATION

Scheduling procedures requires careful planning between the staff, doctors, and hospital. To help avoid delays, it is important that you follow the schedule. If you must reschedule or cancel, please call us at least **3 days prior to procedure** at (617) 732-7426. Thank you for your help and consideration.

This guide covers how you need to prepare so we can get the best exam possible. Please complete all of the steps in this guide so you can have your upper endoscopy (EGD) on the scheduled day.

This guide includes:

- List of tasks to complete before you schedule your procedure
- Prep Instructions

**Please read all instructions at least 2 weeks before your exam**

These instructions can also be found at  
[www.brighamandwomens.org/prep](http://www.brighamandwomens.org/prep)

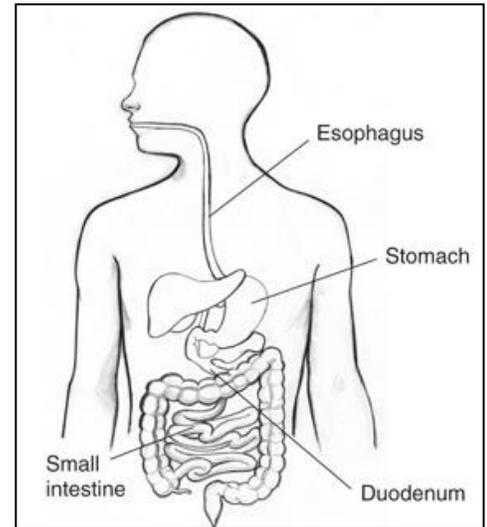
## What is an Upper Endoscopy (EGD)?

An Upper Endoscopy is a test that uses a scope to look inside your esophagus, stomach and first part of the small intestines called the duodenum. This test is also called an EGD. These are examples of some reasons the test may be done:

- difficulty swallowing,
- nausea or vomiting
- pain in the stomach or abdomen
- bleeding
- ulcers
- chest pain.

During the test you will swallow a long thin flexible tube called an endoscope. The doctor can see inside your esophagus, stomach, and duodenum by looking at pictures projected on a screen. The endoscope allows the doctor to:

- See abnormalities like inflammation or bleeding
- Take samples of abnormal areas called a biopsy
- Stop bleeding
- Remove polyps



## Important Contact Info

- If you have questions for a nurse about your procedure or preparation, call 617-525-6814 Monday-Friday ( excluding holidays) 8:00 - 4:30.
- If you are calling Monday-Friday after 4:30pm, on a weekend or holiday, please call **617-732-7426 and select option 2.**
- If you need to reschedule your exam for any reason, please call **617-732-7426.**
- If you need medical help now, call **911** or go to the nearest **Emergency Room.**

## What You Need to Do Before Arriving for Your Upper Endoscopy

### One Week Before Your Upper Endoscopy (EGD)

- Update your registration information by calling 866-489-4056.
- Call your insurance company to find out if your upper endoscopy (EGD) will be covered. If your insurance requires a referral, please contact your Primary Care Physician and have the referral faxed to 857-282-5652.
- If you have any questions regarding your procedure or preparation, please call the endoscopy triage nurse at **617-525-6814**.

### Medications

- If you have diabetes, ask your doctor how to take your insulin and other diabetes medications before the procedure.
- If you take blood thinners (Coumadin, Plavix, Pradaxa, Lovenox, etc), ask your doctor if you should stop these medications before your upper endoscopy (EGD). Please call the endoscopy triage nurse at 617-525-6814 if your doctor has recommended you **not** stop this for your upper endoscopy (EGD).

### Transportation

- You will not be permitted to drive or take other transportation, such as a taxi, Uber or Lyft, by yourself after your exam for your safety. You must arrange for a responsible adult to accompany you as you leave the Endoscopy Center by any form of transportation. If you do not make appropriate transportation arrangements, the procedure cannot be performed with sedation.
- Please be aware that the 75 Francis Street Endoscopy Center closes at 6 pm and the 850 Boylston Street Endoscopy Center closes at 4:30 pm. Please make sure that your ride is available to escort you home no later than the closing time.

### What to Bring to Your Upper Endoscopy (EGD)

- Name and phone number of the person who will take you home. They should be available to pick you up within 30 minutes of being called.
- Photo identification
- DO NOT bring jewelry other than wedding rings

### When Your Upper Endoscopy (EGD) is completed

- In most cases, you will spend 2 to 3 hours in the Endoscopy Unit from the time you arrive. We try to start your exam on time, but medical care can result in unavoidable delays.
- You cannot drive or drink alcohol for 12 hours after your procedure.

## Upper Endoscopy (EGD) Preparation Instructions

### Two Weeks Before the Procedure

- If you take Plavix, Coumadin or any other blood thinning medications, please discuss what to do with these medications before the procedure with the doctor who prescribed it.
- If you are a diabetic, please talk to your doctor about how to take your medication in order to prevent low blood sugar.

### The Morning of the Procedure

- **DO NOT EAT FOOD AFTER MIDNIGHT. DRINK CLEAR LIQUIDS ONLY, then NOTHING AT ALL BY MOUTH 4 HOURS BEFORE THE PROCEDURE. This includes no chewing gum or hard candy 4 hours before the procedure.**
- You may drink clear liquids up to 4 hours before the procedure. Water, tea, coffee (no milk or cream), soda, clear juice, popsicles, and JELL-O are examples of clear liquids. **DO NOT INGEST RED LIQUIDS.**
- You should take your regular medications with sips of water the day of the procedure unless otherwise instructed by your doctor. Except this, have **NOTHING AT ALL BY MOUTH 4 HOURS BEFORE THE PROCEDURE** or your procedure will need to be **CANCELLED.**
- In order for your procedure to be performed, you must arrange for an adult to meet you at the Endoscopy Center and either drive you home or accompany you in a taxi or on public transportation. Your ride must be flexible, as procedures can run longer than expected. **You cannot be discharged from the Endoscopy Center until your ride arrives to accompany you home.**