

## PREPARING FOR YOUR GASTROSCOPY

Your doctor has decided that an upper endoscopy (also called gastroscopy, or EsophagoGastroDuodenoscopy, EGD) is necessary to better evaluate your upper digestive tract. An important examination such as this requires proper preparation. The results obtained from this exam are dependent on your stomach being empty. Food particles inside the stomach can hide important conditions that may be present and may increase the risk of aspiration (choking) during the examination. Therefore, it is very important that you follow the instructions below. If you have any questions, please call our office - (412) 262-1000 option #2.

### **THREE (3) DAYS BEFORE YOUR TEST**

Since sedation will be used, make arrangements for a companion to accompany you to your appointment and drive you home. Only one companion is necessary. If possible, it is best that this person be someone with whom we can share the results of the examination. *We require that your driver remain in the building the entire time that you are here, which averages around two hours* - otherwise your appointment may have to be rescheduled.

### **DAY BEFORE YOUR TEST**

There are no restrictions on food, drink, or activity on the day before your test. Unlike colonoscopy, there is no laxative prep for this exam.

### **MORNING OF YOUR TEST** (“test day”)

Your stomach must be empty during gastroscopy so that your doctor's view is not blocked by particles of food. If your test is scheduled in the morning, you must not eat or drink anything after midnight the night before the test. You may gargle and brush your teeth in the morning. If your test is scheduled in the afternoon, you may have only CLEAR liquids - such as juice, black coffee, tea, or broth - for breakfast. Then begin fasting. You should not eat or drink anything for at least 6 hours before the exam. You may take any important prescription medications with a small sip of water, especially any medications for high blood pressure. (Diabetic medications and blood thinners such as Coumadin, warfarin, Pradaxa, Xarelto, etc require special instructions. Ask your doctor.)

Plan to arrive at your scheduled arrival time. *Bring a driver who can remain in the building the entire time you are here.* The average visit is about two hours. Arriving late or without a driver may require cancelling and rescheduling your procedure. Wear comfortable clothing and shoes that are easily removed. Leave jewelry and other valuables at home. No firearms are permitted. Bring your insurance card and driver's license. If you have not been seen in our office recently, put all of your prescription and non-prescription medications in a bag and show them to the admitting nurse. If there is a copay, be prepared to pay it. Plan to go straight home after your test, not to a restaurant. You may eat when you arrive home. You will not be able to go to work or drive a car until the next morning after your test.