



Getting Ready for Upper Gastrointestinal Endoscopy



Your doctor wants you to have an upper gastrointestinal endoscopy (EGD). This handout will tell you about the test and how to prepare for it.

What is an upper gastrointestinal (GI) endoscopy?

This test looks at your oesophagus (food tube), stomach and the upper part of the small intestine. A doctor will pass a viewing tube through your mouth into the stomach. This test will help find the cause of abdominal pain, heartburn, and trouble with swallowing or bleeding. An EGD is better at finding many problems in the upper GI tract than an X-ray.

During the test the doctor can also take a small piece of tissue (a biopsy) to send to the lab if we need to look at an area more closely. Doctors take biopsies for many reasons and you will not be able to feel this part of the test.

Read 1 Week Before Your Test! We may cancel your test if you do not follow the instructions.

Getting Ready You may need to stop certain medicines before your test.

Stop these medicines:

- No prasugrel (Effient®) for 7 days.
- No warfarin (Warf®) for 5 days.
- No clopidogrel (Clopilet®) for 5 days.
- No dabigatran (Pradaxa®) for 2 days.
- No ticagrelor (Brilinta®) for 2 days
- No rivaroxaban (Xarelto®) for 2 days.
- No apixaban (Eliquis®) for 2 days.

Before starting or stopping any medicine please talk with your doctor who prescribes the medicine. Your doctor will tell you how to safely stop this medicine. Please contact us if you have other questions.

You will need to **adjust diabetic medicines** (oral and insulin) for the time you're not eating as normal. Please discuss this with your primary doctor.

You must have an **adult to take you home** or your test will be cancelled. You may take a car or bus home only if you have a responsible adult with you other than the driver.

Plan ahead. For your test, we may give you sedatives which can greatly affect your judgment. On the day of your test, **you will not be able to drive or return to work.**

Our staff will review your **health history, prior surgeries, allergies, and medicines.** Please bring this information with you.

If you use **CPAP or BiPAP** for sleep apnoea, please bring it with you. We will need your machine in order to sedate you safely.

Day of the Endoscopy **No solid food, milk, or dairy products until after your test.**

You may drink clear liquids until 4 hours before you arrive (i.e., water, apple juice, soda, Gatorade®). Avoid red liquids.

Do not take liquid antacids before your test.

Take your normal medicines with a small sip of clear liquid up to 1 hour before you arrive. Do not take medicines listed under "Getting Ready" section.

Follow the instructions in your cover letter. If you are running late, call us to let us know. If you are over 30 minutes late, we may have to reschedule. We do our best to stay on time.

Plan to be with us about 2 - 4 hours. We will need to be able to reach your attendant/ driver in our waiting room or by phone.

The Endoscopy A nurse will review your health history and if required will place an IV. We may use the IV to give you medicines which will make you feel drowsy and relaxed. Mostly we use **local anaesthesia**, Xylocaine spray and when you are comfortable, we will place the scope into your mouth and start the exam. The scope will not restrict your breathing and you should not have any pain. The test will take 15 – 30 minutes. You will then go to our recovery room for about 30 minutes. Your attendant/ driver may sit with you there. Once you are awake, we will give you something to drink.

Your doctor will discuss the test results with you before you leave. You and the doctor who referred you will receive a copy of the report.

After the Test You may have a mild sore throat. Salt water gargles should help.

For the rest of the day:

- Do not return to work.
- Do not drive or ride two-wheeler /bi-cycle.
- Avoid taking fried and spicy food.
- Do not make any important decisions.
- Plan to rest.
- Do not drink alcohol.

You should be able to resume your normal diet and daily tasks the day after your test.

You may have some gas pains from the air used to distend your stomach. When you belch you will expel the air and relieve any gas pains.

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