

UPPER ENDOSCOPY (EGD) AND (UPPER) SMALL BOWEL ENTEROSCOPY (SBE) PREPARATION INSTRUCTIONS

IMPORTANT: Please read these instructions TWO WEEKS before your procedure so you are well prepared. If you have diabetes or are on a blood thinner, please call your doctor to discuss your medicines for this procedure.

You have been scheduled for an Upper GI Endoscopy (EGD) or an Upper Small Bowel Enteroscopy (SBE) with Duke Gastroenterology (Duke GI). An EGD is an exam of your upper GI tract (esophagus, stomach, and duodenum). A flexible tube will be put into your mouth. It then passes through to the first part of your small bowel. SBE advances further into the small bowel to examine the lining carefully. More tests may be performed as needed. These include taking tissue samples (biopsies) and removing polyps.

- Call (919) 684-6437 for questions about your appointment or preparation.
- **Duke Gastroenterology doctors perform these procedures at several locations. Please review the appointment letter enclosed.**

We strive to perform the safest and most careful procedure for every patient. A procedure may take longer for some patients than for others. As a result, your procedure may not be performed at the exact time you were scheduled. We ask for your patience. Please allow at least 3 to 4 hours for your visit.

DESIGNATED DRIVER ON THE DAY OF YOUR PROCEDURE:

- You will receive anesthesia medicines during this procedure to make you comfortable and sleepy. The medicines are given to you through an IV (a soft flexible tube in your arm).
- Since you will receive anesthesia medications, you may not drive home.
- **You must have a responsible adult 18 years or older with a valid driver's license who is on-site through your entire procedure.**
- **If your companion does not stay on site, you will need to reschedule your procedure.**
- For your safety - Duke GI recommends that an adult stay with you for several hours after your procedure.
- You may not go home alone in a taxi, shuttle, van or bus. These drivers are not responsible for you.
- **You may not drive for 24 hours after your procedure.**

Medication Information:

- **Please bring a list of your current medicines and doses the day of your procedure.**
Current patients of Duke Primary Care do not need to bring a medication list.

Follow these medicine changes prior to your procedure:

- **Blood thinners** (such as Coumadin, Warfarin, Ticlid, Plavix, Lovenox, Pletal, Pradaxa, Xarelto, Persantine, Eliquis and Aggrenox) **may need to be held** for 1 to 10 days before your procedure. Talk to the doctor who prescribes these medicines for specific instructions.
- If you take a daily **aspirin**, continue taking your aspirin.
- **Iron pills:** Stop taking 7 days prior to your procedure.
- **Patients with diabetes:** Follow these guidelines:
 - **Oral Medicine** (“sugar pill”): Do not take the day of your procedure unless otherwise instructed.
 - **Insulin:** Please call the doctor that manages your insulin to change the dose. The dose needs to be changed for both the clear liquid day and fasting time before procedure.
Patients with insulin pumps will need to bring prescribed off-pump instructions.
 - **Check your blood sugar the morning of your procedure.**
 - **Important tips to prevent low blood sugar:** During the clear liquid day, drink protein. A good source of protein is clear chicken, beef or vegetable broth. Keep glucose tablets on hand for any sudden drop of blood sugar. These are available over the counter in the diabetic supplies at any pharmacy.
- **All other prescribed medicines continue taking as usual.** (like blood pressure medications)
- If you have any questions about your medicines, call the doctor who prescribes the medication(s).

OTHER INSTRUCTIONS:

- If you have a **Pacemaker or Internal Defibrillator:** Please bring your device information card with you to your Pre Anesthesia Testing Appointment and on the day of your procedure. Give the device card to your assigned nurse at check-in. Your doctors will need to know your device brand name.
- **Blood Products:** If you are unable or unwilling to accept blood products in an emergency, please call The Duke Center for Blood Conservation at (919) 668-2467 one week before your appointment.
- **Children:** We discourage children in patient care areas. Please arrange for childcare in advance.
- You will need to complete a pre anesthesia appointment before your procedure. This appointment may be either in-person or via a telephone call.

UPPER ENDOSCOPY (EGD) AND (UPPER) SMALL BOWEL ENTEROSCOPY (SBE) PREPARATION INSTRUCTIONS

Your stomach must be EMPTY for this procedure. Please follow the instructions below.

SEVEN (7) TO TEN (10) DAYS BEFORE YOUR PROCEDURE:

Duke GI will contact you by telephone or MYchart message to confirm your procedure appointment. This telephone call will not last long. If we are not able to reach you, please return the call as soon as possible. It is very important we speak with you to confirm your procedure location, date and procedural arrival time.

ONE (1) DAY BEFORE YOUR PROCEDURE:

No change to diet or medicines.

12:00am (Midnight):

Stop eating solid foods

DAY OF YOUR PROCEDURE:

- Follow the recommendations on the front page regarding your medicines.
- If your procedure is scheduled between 8:00am and 11:00am, you may drink two (2) glasses of clear fluids until two hours before your arrival time
- If your procedure is scheduled between 11:00am and 4:00pm, you may drink four (4) glasses of clear fluids until two hours before your arrival time

TWO (2) HOURS BEFORE ARRIVAL TIME:

- Take scheduled medications with small sips of water. Then stop taking anything by mouth.

CLEAR LIQUID DIET LIST

Do NOT drink anything that is RED or PURPLE color

Beverages:

Soft drinks – orange, ginger ale, Sprite, 7-Up, Gatorade

Fruit juices without pulp – apple, white grape

Water

Soups:

Low-sodium chicken or beef bouillon/broth or bone broth

Low-sodium chicken or beef bone broth or bone broth

Vegetable or soy broth

Desserts:

Jell-O (lemon, lime, orange; no fruit or toppings)

Popsicles (no sherbet or fruit bars)