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EGD Preparation Instructions

YOU WILL NOT BE ABLE TO DRIVE HOME OR RETURN TO WORK AFTER YOUR PROCEDURE. PLEASE ARRANGE FOR A RIDE, AS YOU CANNOT TAKE PUBLIC TRANSPORTATION HOME.

Procedure must be confirmed by the office prior to showing to facility, appointment will be subject to cancellation.

An esophagogastroduodenoscopy (EGD) is a procedure that examines the esophagus, stomach, and duodenum (the first part of the small intestine) using a long, flexible tube (a “scope”) with a camera on the end of it. The scope is inserted through the mouth and is advanced down to the small intestine.

SEVEN DAYS (ONE WEEK) BEFORE YOUR PROCEDURE:

- Stop all iron supplements (including multivitamins containing iron), Vitamin E, fish oil, or Omega-3
- Stop eating any seeds (I.e., sunflower seeds, strawberries, tomatoes, blackberries, etc.)
- Stop taking NSAID pain relievers (Ibuprofen, naproxen, etc.) You may take Acetaminophen.
- **If you are taking any blood thinner or anti-platelet medications such as warfarin (Coumadin), apixaban (Eliquis), rivaroxaban (Xarelto), dabigatran (Pradaxa), clopidogrel (Plavix), among others, please contact the physician who manages the medication for instructions on how and when to stop before your procedure. You do not need to stop taking aspirin 81mg (baby aspirin) if you are doing so. If you are taking Trulicity, Mounjaro, Semaglutide, Wegovy, and Ozempic you will need to stop medications at least 14 DAYS prior to procedure.**

THE DAY BEFORE YOUR EGD:

Nothing solid to eat after midnight. Nothing to drink for a minimum of 4 hours before your procedure time (only clear liquids after midnight)

EXAMPLES FOR A CLEAR LIQUID DIET: Gatorade, Powerade, Crystal Light lemonade, Pedialyte, Propel water, coffee or tea (black only – no milk or non-dairy creamer), Carbonated or non-carbonated soda, fruit-flavored drinks, apple juice, white cranberry juice, white grape juice, Jell-O, popsicles, broth of any kind

DO NOT DRINK ANY LIQUID THAT IS RED, PURPLE, OR DARK BLUE IN COLOR. DO NOT DRINK ALCOHOL, MILK OR NON-DAIRY CREAMER, JUICES WITH PULP, OR ANY LIQUID THAT YOU CANNOT EASILY SEE THROUGH. DO NOT CONSUME ANY SOLID FOODS.

Your arrival time will be provided directly by the surgery center but is typically 60-90 minutes before your scheduled procedure time.

POST PROCEDURE CARE AND EXPECTATIONS:

- You may return to all normal food, beverages, and medications after leaving the surgery center

WHEN TO CALL YOUR HEALTHCARE PROVIDER:

If you experience any of the symptoms below, call the office at (512) 593-6022

- **UNCONTROLLED ABDOMINAL PAIN-** If you have severe abdominal pain and/or chest pain.
- **PROLONGED NAUSEA/VOMITING-** If you unable to keep fluids down for greater than 4 hours following your procedure.
- **SIGNS OF INFECTION-** Experiencing fever over 101F (orally) and/or chills, or have red streaking from the IV site