

Upper Endoscopy Preparation Instructions



What is an upper endoscopy and what can I expect during the procedure?

An upper endoscopy, also known as an esophagogastroduodenoscopy (EGD), is a procedure that allows your doctor to examine the inside of your upper gastrointestinal (GI) tract: the esophagus (swallowing tube), stomach, and the duodenum (first portion of the small intestine). During the procedure, an endoscope, which is a long, flexible tube with a light and camera at the end, is used to view the inside of your upper GI tract. You may be given sedation/anesthesia for this test. The upper endoscopy usually takes 10 to 15 minutes to complete.

TRANSPORTATION

- You will be sedated during your procedure for your comfort. You will need to arrange to have a friend or family member accompany you home after your procedure, as you will still be drowsy, and it is unsafe to drive. The medical procedure staff must be able to contact whoever will accompany you. If this person cannot be confirmed prior to the procedure, your procedure will be rescheduled for your safety.
- You should not drive a car, operate machinery, or make any legal decisions until the day after your procedure.
- Ride share services like Uber/Lyft and Taxis are NOT an acceptable form of transportation unless you have someone accompany you.
- You may utilize a non-emergency medical transport company providing “door-to-door” service. Door-to-door transport service provides assistance entering and exiting the vehicle and ensuring safe arrival inside their destination. Please bring the medical transport contact information with you on the day of your procedure. Procedure Unit staff must be able to confirm this transportation upon admission, or your procedure may be canceled. Call your insurance to find out about what options are available to you.

INSTRUCTIONS FOR TAKING MEDICATIONS:

14 DAYS PRIOR

- Stop taking the following Erectile Dysfunction medications: **Viagra®**, **Cialis®**, **Stendra®**, **Levitra®**

7 DAYS PRIOR

- If you take **Aspirin or NSAIDs**, such as **Advil®**, **Motrin®**, **Celebrex®**, or **Ibuprofen**, you may continue to take them as usual or ask your health care provider for specific instructions.
- If you take a blood thinner, such as **Plavix®**, **Pradaxa®**, **Clopidogrel®**, **Coumadin®**, **Xarelto®**, **Eliquis®**, **Warfarin**, **Effient®**, **Prasugrel®**, or **Lovenox®**, ask your health care provider for specific instructions.
- Stop taking **Phentermine (Adipex-P®)**, **Lomaira™**, **Fastin®**, **Phentercot®** and **Phentermine and Topiramate (Qsymia®)**. These are weight loss medications.
- If you take **Semaglutide (Ozempic®)**, **Rybelsus®**, **Wegovy®**), **Dulaglutide (Trulicity)** or **Tirzepatide (Mounjaro®)** once a week, stop taking it a week before your procedure.

4 DAYS PRIOR

- Stop taking the following diabetic/weight loss medications: **Exenatide (Byetta®, Bydureon®)**, **Liraglutide (Saxenda®, Victoza®)**, **Ertugliflozin (Steglatro®)**, and various Metformin combinations (**Invokamet®**, **Invokamet® XR**, **Synjardy®**, **Synjardy® XR**, **Xigduo® XR**, **Segluromet™**). **Sitagliptin (Steglujan®)**, **Empagliflozin (Jardiance®)**, **Dapagliflozin (Farxiga®)**, **Canagliflozin (Invokana®)**, **Saxagliptin (Qtern®)**, and **Linagliptin (Glyzambi®)**.

1 DAY PRIOR

- **Stop taking all medications** unless specifically advised by your provider.

PREPARING FOR MY PROCEDURE:



- NIGHT BEFORE** your procedure

- **Do not drink or eat anything** after midnight (12:00 am) the night before your procedure.



- MORNING OF** your procedure

- Take your regular medications as **directed by your Primary Care Physician or your GI Physician** with a very small amount of water.
- Do not wear dentures, contact lenses, jewelry, or hair accessories to your procedure.
- Wear comfortable clothing and shoes.

AFTER YOUR UPPER ENDOSCOPY:

- You will spend time in our post-procedure unit where our nursing staff will monitor you. Once it is felt safe, you will be able to leave with your driver/escort. You will receive a printed copy of your procedure report for your own records. Once home, you may resume your normal diet and medications.

Endoscopy Procedure Locations

SUGAR LAND

Memorial Hermann FC
16906 SOUTHWEST FWY
SUGAR LAND, TX 77479
(281) 243-1000

SUGAR LAND

Sugar Land Surgery Ctr.
15300 SOUTHWEST FWY #100
SUGAR LAND, TX 77478
(281) 274-6670

SUGAR LAND

Methodist Hospital SL
16655 SOUTHWEST FWY
SUGAR LAND, TX 77479
(281) 274-7000

SUGAR LAND

Fort Bend Surgical C.
14851 SOUTHWEST FWY
SUGAR LAND, TX 77478
(281) 313-7300

WEST HOUSTON

HCA West Hospital
1241 RICHMOND AVE
HOUSTON, TX 77082
(281) 558-3444

CYPRESS

N. Cypress Surgery Ctr.
10425 HUFFMEISTER RD #100
HOUSTON, TX 77065
(281) 640-7373

CYPRESS

Memorial Hermann Cypress
27800 NORTHWEST FWY.
CYPRESS, TX 77433
(346) 231-4000

CYPRESS

HCA N. Cypress
21214 NW FWY
CYPRESS, TX 77426
(832) 912-3500

MEMORIAL

Memorial Endo. Center
1233 CAMPBELL RD
HOUSTON, TX 77055
(713) 468-9200

KATY

Memorial Hermann Katy H.
23900 KATY FWY.
KATY, TX 77494
(281) 644-7214

KATY

Methodist Hospital Katy
18500 KATY FWY
HOUSTON TX, 77094
(832) 522-1000

KATY

Memorial Hermann Surg.
21720 KINGSLAND BLVD #101
KATY, TX 77450
(281) 492-1234

CONROE

HCA Conroe
1504 MEDICAL CENTER BLVD
CONROE, TX 77304
(281) 312-6900

KINGWOOD

Memorial Hermann KW
300 KINGWOOD MEDICAL DR
KINGWOOD, TX 77339
(281) 312-4000

KINGWOOD

HCA Kingwood
22999 HWY 59 N.
KINGWOOD, TX 77339
(281) 348-8000

HUMBLE

Memorial Hermann NE
18951 N MEMORIAL DR.
HUMBLE, TX 77338
(281) 540-7995

HUMBLE

Humble/KW Endo.
19502 MCKAY DR. STE. 101
HUMBLE, TX 77338
(281) 312-6900

Physicians

Adeeb Dwairy, M.D. | Pragnesh Patel, M.D. | Amandeep Kaur, D.O., M.P.H.
Abraham Chacko, D.O. | Srinivas Ramireddy, M.D.
Sushovan Guha, M.D., Ph.D.

Procedure Date:

Time:*

Follow up Appointment:

Time

**Surgery Center will call you the day before your procedure and provide time.*