



NORTH SHORE Physicians Group

Upper Endoscopy (EGD)

A Gastroscopy (endoscopy or EGD) is a very accurate examination of the esophagus, stomach, and first part of the small intestine. This is accomplished with the use of a gastroscoposcope – a thin, lighted flexible instrument which is passed through the mouth. You may be asked to gargle a local anesthetic. In preparation for the gastroscopy an intravenous line will be started. After you have met the physician and signed a consent form, sedative medication will be administered through an intravenous. You will be drowsy during the procedure, which will take approximately fifteen minutes. Most patients tolerate the examination very well and the medication often makes you forget the entire procedure. This is a common and very safe examination with extremely rare potential complications such as bleeding, perforation or reaction to the medication.

PATIENT INSTRUCTIONS:

- ***If your procedure is scheduled before 12:00p.m.,*** nothing by mouth after midnight the night prior to the procedure.
- ***If your procedure is scheduled at 12:00p.m. or after,*** you may have a clear liquid breakfast before 8:00am on the morning of your procedure, then nothing by mouth after 8:00a.m.
- You **MUST** have an adult to escort you home after the procedure. You are still required to have an escort even if you plan to take a taxi, The Ride, GLSS Medical Bus, Uber, Lyft or alternative transportation. You are not allowed to drive until the next day.
- If you have diabetes and are on oral medication, do not take any oral diabetic medication on the day of the procedure. ***If you take insulin and have not discussed this with our office, please call our office immediately.***
- You may take your other morning medications with a small sip or two of water. Otherwise, nothing else by mouth for four (4) hours before your scheduled procedure.
- If you have cardiac stents, history of stroke or TIA (transient ischemic attack), **DO NOT STOP YOUR ASPIRIN.** If you are on other anti-inflammatory drugs such as Advil, Motrin or Aleve, please stop these five (5) days before your procedure.
- ***If you take blood thinners*** [warfarin (Coumadin), clopidogrel (Plavix), aspirin/dipyridamole (Aggrenox), rivaroxaban (Xarelto), apixaban (Eliquis), dabigatran etexilate (Pradaxa), cangrelor (Kengreal)] ***and have not discussed this with our office, please call our office immediately.***
- If you take Aspirin as prescribed by your physician, you may continue taking as instructed.
- If you have sleep apnea and use a CPAP at home, please be sure to bring your CPAP with you on the day of your endoscopy appointment.

YOUR PROCEDURE IS SCHEDULED FOR:

DATE: _____ ARRIVAL TIME: _____ PROVIDER: _____

PPE (ANESTHESIA) CALL APPOINTMENT (CERTAIN PROCEDURES ONLY): _____

LOCATION:

- Salem Hospital (81 Highland Avenue, Salem) Please go to the Wheelock 5 Entrance to check in for the Endoscopy Suite
- Mass General/North Shore Center for Outpatient Care (104 Endicott Street, Danvers) Please go to the 2nd floor, Day Surgery Department

Please make every attempt to keep your scheduled appointment. We know that sometimes things happen last minute in life but notifying us at least seven (7) days prior to your endoscopy appointment enables us to help another patient. Please call 978-741-4171 if you have any questions or if you need to reschedule your procedure.