

Preparation for Your Upcoming Upper Endoscopy (EGD)

About Your Upper Endoscopy (EGD)

An upper endoscopy, also called an esophagogastroduodenoscopy (EGD), is a procedure that allows your doctor to examine the lining of your esophagus, stomach, and the first part of your small intestine (duodenum).

During the procedure, your doctor will insert a thin, flexible tube with a small camera through your mouth and into your upper digestive tract. This provides a clear view of your esophagus and stomach to evaluate conditions such as:

- Heartburn or acid reflux (GERD)
- Difficulty swallowing
- Nausea, vomiting, or unexplained abdominal pain
- Bleeding or anemia
- Ulcers or inflammation

If needed, tissue samples (biopsies) may be taken or minor treatments performed during the same procedure.

You will receive sedation to help you relax and stay comfortable throughout the procedure. Most patients do not feel or remember the procedure itself. You will need a responsible adult to drive you home, as the sedative effects may last several hours.

Expect to be at the center for about two hours total, including check-in, preparation, and recovery time.

To ensure your safety and the best possible results from your upper endoscopy, please follow the preparation steps outlined below carefully. The timeline begins 14 days prior to your procedure and continues through the day of your procedure.

Medication Guidelines Before Your Procedure

Certain medications may need to be stopped prior to your upper endoscopy. Please review the table below carefully and follow your prescribing provider's recommendations.

Number of Days Prior to Stop	Medications
7	Weekly Dosing of GLP-1-R Agonist (Ozempic, Rybelsus, Wegovy, Trulicity, Mounjaro, Victoza, Byetta, Saxenda)
5	Iron Supplements (Ferrous Sulfate, Ferrous Gluconate)
3	SGLT2-Inhibitors (Canagliflozin [Invokana], Dapagliflozin [Farxiga], Empagliflozin [Jardiance])
1	Daily Dosing of GLP-1-R Agonist (Ozempic, Rybelsus, Wegovy, Trulicity, Mounjaro, Victoza, Byetta, Saxenda)
Day of / 0	Diabetes prescriptions (Metformin, Insulin) — Discuss any adjustments or discontinuation with your prescribing endocrinologist or primary care provider.

If you have any questions, contact our office or your prescribing physician.



14 Days Before Your Procedure

- If you develop cough or cold symptoms, have had a cough or cold within the past four weeks, or have had a COVID-19 exposure within 14 days prior to your procedure, please call our office at 415-925-6900 as your procedure may need to be rescheduled.
- If you arrive for your endoscopy and currently have symptoms of a cough or cold, your procedure will be cancelled. This policy is in place for your safety related to the administration of anesthesia.



8 Days Before Your Procedure

- The Endoscopy Center of Marin will invite you to complete medical history forms online. We apologize for the duplication of information you already completed for our office; however, this ensures that our anesthesia and nursing teams have the most up-to-date and complete information for your safety.



7 Days Before Your Procedure

- Confirm your ride with a responsible adult for the day of your procedure, it is unsafe and unlawful to drive after sedation. Public transportation and rideshare (Uber/Lyft/etc.) rides are not legally permitted. There are medical transportation providers in our area. If you need assistance with finding a ride, you can call the center at 415-464-0606.
- Review Medication Instructions and guidelines. If you are taking blood thinners or an injectable weight loss medication, you may need to stop taking your prescription.
- Last chance to cancel or reschedule your appointment. Please be aware that the Endoscopy Center of Marin may impose a late cancellation charge of \$200.

Bring with you: Photo ID, insurance card, a responsible adult driver, and a list of medications and allergies if you did not complete online



1 Day Before Your Procedure

Do not eat any solid food or consume milk, milk substitutes, or other opaque liquids after 11 PM the night before your procedure. Only consume clear liquids which include water, coffee or tea (no milk), strained juices (no pulp), soda, Gatorade, vitamin water, broth, and Jell-O (without fruit).

Day of Your Upper Endoscopy

You may drink clear liquids up to three hours before your arrival time.

For your safety, you must not swallow anything, including water, during the three hours immediately before your procedure. Failure to follow these instructions may result in a delay or cancellation of your procedure.

Take your regular medications as directed at least three hours prior to arrival, unless otherwise instructed by your physician.

Diabetes Instructions (if applicable)

Oral Medication Instructions

Insulin Schedule

Blood Thinner Instructions (if applicable)

- Continue blood thinner as prescribed
- HOLD for _____ days

Weight Loss Prescriptions (if applicable)

- Weekly Dosing (Ozempic, Rybelsus, Wegovy, Trulicity, Mounjaro) Your last dose must be done 7 days before your procedure.
- Daily Dosing (Saxenda, Byetta) Do not take on the day of the procedure.
- Other instruction: