

# **The Frist Clinic**

## **GASTROENTEROLOGY**

### **OUT-PATIENT GASTROINTESTINAL ENDOSCOPY PATIENT INSTRUCTIONS**

Upper gastrointestinal endoscopy, also known as EGD (Esophagogastroduodenoscopy), is a procedure where a specially trained physician (a gastroenterologist) examines the esophagus (swallowing tube), stomach and first part of the small intestine with a lighted, flexible instrument. Endoscopy has been utilized as a diagnostic procedure for more than 15 years. It is safe and will give your physician valuable information for your care. Your doctor has requested an outpatient upper endoscopy be performed in your case.

A specific time slot has been reserved for your test. If there are problems keeping the appointment you should call your physician's office (615-342-6010) to reschedule or cancel the test. This courtesy will release the time for another patient.

### **PREPARING FOR THE UPPER ENDOSCOPY**

- ✓ **DO NOT EAT OR DRINK ANYTHING (INCLUDING WATER) FOR 8 HOURS PRIOR TO YOUR TEST.** If you are taking insulin, heart medication or high blood pressure medication, ask your doctor about when to take these drugs in relation to your test.
- ✓ If you have an artificial heart valve or take anticoagulants (blood thinning medication) or take anti-inflammatory drugs such as aspirin, Nuprin, Motrin, etc., please remind your doctor. Special attention to your case may be required.
- ✓ **STOP** Aspirin, Coumadin, & any anti-inflammatory medications 5-7 days before test.
- ✓ **Have someone accompany you who can drive you home after your test.** A sedative is usually given and driving is not permitted for 12 hours after the procedure.
- ✓ If you have any questions regarding the test or the instructions above, please telephone the GI nurse at **(615) 342-6010**.