

UPPER ENDOSCOPY (EGD) AND (UPPER) SMALL BOWEL ENTEROSCOPY (SBE) PREPARATION INSTRUCTIONS

IMPORTANT: Please read these instructions TWO WEEKS before your EGD or SBE so you are well prepared. If you have diabetes, call your doctor to discuss your blood sugar medicines.

You have been scheduled for an Upper GI Endoscopy (EGD) or an Upper Small Bowel Enteroscopy (SBE) with Duke Gastroenterology (Duke GI). An EGD is an exam of your upper GI tract (esophagus, stomach, and duodenum). A flexible tube will be put into your mouth. It then passes through to the first part of your small bowel. SBE advances further into the small bowel to examine the lining carefully. More tests may be performed as needed. These include taking tissue samples (biopsies) and removing polyps.

- Call (919) 684-6437 for questions about your appointment or preparation.
- ***Duke Gastroenterology doctors perform EGDs and SBEs at several places. Please review the appointment letter enclosed.***

We strive to perform the safest and most careful exam for every patient. An EGD or SBE may take longer for some patients than for others. As a result, your exam may not be performed at the exact time you were scheduled. We ask for your patience. Please allow at least 3 to 4 hours for your visit.

DESIGNATED DRIVER ON THE DAY OF YOUR EXAM

You will receive medicines during the exam to make you comfortable and sleepy. These medicines will be given by IV (a soft flexible tube in your arm). **YOU MAY NOT DRIVE HOME AFTER YOU RECEIVE SEDATION.** You must have a responsible adult 18 years or older with a valid driver's license who is **on site** through your entire procedure.

- This adult must stay with you for several hours after your exam.
- **If your companion does not stay on site, you will be asked to reschedule your exam.**
- You may not go home alone in a taxi, shuttle, van or bus. The drivers will not be responsible for you.
- You may not drive until the day after your exam.
- Some people may receive anesthesia rather than moderate sedation. Another appointment may be scheduled for a pre-anesthesia review if anesthesia is ordered for you.

SPECIAL MEDICINE INSTRUCTIONS

Please bring a list of your current medicines and doses the day of your exam.

Follow these medicine changes prior to your exam:

- **Blood thinners** (such as Coumadin, Warfarin, Ticlid, Plavix, Lovenox, Pletal, Pradaxa, Xarelto, Persantine and Aggrenox): These may need to be stopped 1 to 10 days before your appointment. Talk to the doctor that prescribed the medicines for instruction.
- **Iron pills:** Stop taking 7 days prior to your exam.
- **Patients with diabetes:** Follow these guidelines:
 - **Oral Medicine** ("sugar pill"): Do not take the day of your exam unless otherwise instructed.
 - **Insulin:** Please call the doctor that manages your insulin to change the dose. The dose needs to be changed for both the clear liquid day and fasting time before exam. ****Patients with insulin pumps need to bring their prescribed off-pump instructions.****

- **Check your blood sugar the morning of your exam.**
- **Important tips to prevent low blood sugar:** During the clear liquid day, drink protein. A good source of protein is clear chicken, beef or vegetable broth. Keep glucose tablets on hand for any sudden drop of blood sugar. These are available over the counter in the diabetic supplies at any pharmacy.
- **All other prescribed medicines** (such as blood pressure pills): **Continue taking as usual.**
- If you have any questions about your medicines, call the doctor who writes your prescriptions.

OTHER INSTRUCTIONS;

- **Pacemaker or Internal Defibrillator:** Please bring your device information card. Give it to the nurse. Your care provider will need to know the brand name of your device prior to your exam.
- **Blood Products:** You may be unable or unwilling to accept blood products in an emergency. If so, please call The Duke Center for Blood Conservation at 919-668-2467 one week before your appointment.
- **Children:** We discourage children in patient care areas.

UPPER ENDOSCOPY (EGD) AND (UPPER) SMALL BOWEL ENTEROSCOPY (SBE) PREPARATION INSTRUCTIONS

Your stomach must be **EMPTY** for an EGD and SBE. Please follow the instructions below.

SEVEN (7) TO TEN (10) DAYS BEFORE EGD or SBE:

Duke GI will contact you to obtain a basic health history. This call will not last long. If we are not able to reach you, please return the call as soon as possible. It is very important we speak with you. Make sure to review the “Special Medicines Instructions” for possible changes to your medicines.

ONE (1) DAY BEFORE EGD or SBE:

No change to diet or medicines.

12:00am (Midnight):

Stop eating solid foods

DAY OF EGD or SBE:

- Follow the recommendations on the front page regarding your medicines.
- If your procedure is scheduled between 8:00am and 11:00am, you may drink two (2) glasses of clear fluids until two hours before your arrival time
- If your procedure is scheduled between 11:00am and 4:00pm, you may drink four (4) glasses of clear fluids until two hours before your arrival time

TWO (2) HOURS BEFORE ARRIVAL TIME:

- Take scheduled medications with small sips of water. Then stop taking anything by mouth.

CLEAR LIQUID DIET LIST: Do NOT eat or drink anything RED or PURPLE

Beverages:

- Soft drinks – orange, ginger ale, Sprite, 7-Up, Gatorade
- Fruit juices without pulp – apple, white grape
- Water

Soups:

- Low-sodium chicken or beef bouillon/broth
- Vegetable or soy broth

Desserts:

- Jell-O (lemon, lime, orange; no fruit or toppings)
- Popsicles (no sherbet or fruit bars)