



**Gastrointestinal Associated Specialists**  
*Experienced professionals. Comprehensive capabilities. Unwavering dedication.*

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## EGD PREP INSTRUCTIONS

- Your appointment is on: \_\_\_\_\_
- Check in time: \_\_\_\_\_
- You are scheduled to have your test done at:

**North Kansas City Hospital  
Health Services Pavilion, 7<sup>th</sup> Floor GI Lab  
2790 Clay Edwards Drive  
Kansas City, MO 64116**

**Briarcliff Surgery Center  
4150 N. Mulberry Drive  
Suite 100  
Kansas City, MO 64116**

**What is the test?** Esophagogastroduodenoscopy (EGD) is a test to examine the lining of the esophagus, stomach, and first part of the small intestine. The procedure uses an endoscope. This is a flexible tube with a camera at the end. Different treatments may be done, such as stretching or widening a narrowed area of the esophagus. If necessary, a tissue sample (biopsy) may be taken. You will not feel this.

This procedure takes approximately 30 minutes. However, you should plan to be in the GI Lab for 2 ½ - 3 hours (from your time of arrival until you are ready to leave).

**How should I get ready?** You should have **nothing to eat or drink after midnight the night before your procedure.**

**What should I know?**

1. **If you have diabetes**, do not take your usual dose of Insulin or oral diabetes medication on the day of the exam. Please check with your Primary Care Physician to discuss medication intake, as your food intake will be lower than usual. This will help to avoid any episodes of low blood sugar during the prep or procedure. **Do not take Metformin the day of the procedure.**

2. **Medications:** If you are taking any of the following medications, **you will need to be off these medications for five (5) days before the exam.** Please check with your Primary Care Physician for instructions, and to determine if you are able to discontinue these medications.

- Aspirin, ibuprofen, arthritis medications or non-steroidal medications (such as Advil, Aleve, Motrin, Celebrex, Naproxen, or Bextra)
- Coumadin, Warfarin, Plavix, or other blood thinners
- Iron pills, herbal medicines or supplements

3. **Blood pressure, heart, asthma, or seizure medications** may be taken with a small sip of water at least **three (3) hours** prior to your procedure.
4. **Bring a list of your medications**, including the strengths, doses, and when you take them.
5. Please arrange for a friend or family member to accompany you to your procedure. **YOU WILL NOT BE ALLOWED TO DRIVE FOR THE REMAINDER OF THE DAY.**

If you cannot keep your appointment, please call at least 72 hours (3 business days) in advance. Call (816) 527-0031 to cancel or reschedule. Failure to notify may result in a charge of \$150.00, and will be required to be paid before your procedure can be rescheduled.

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| <b>What else should I know?</b> | After the test is finished, you will not be able to have food and liquid until your gag reflex returns (so you do not choke).   |
| <b>On the day of the test:</b>  | Plan to arrive <b>15 MINUTES</b> before your scheduled check in time. <b><i>Please bring:</i></b> your list of medications, insurance cards, picture ID, and any medications you may need to take (after your gag reflex has returned). |
| <b>Test Results</b>             | You may have biopsies taken during the test. These are sent to a laboratory to be processed and examined under a microscope. We will call you with your results. Please allow two (2) weeks for the results to become available.        |
| <b>Questions?</b>               | If you have any questions, please do not hesitate to call us at (816) 527-0031.   |