

---

# Getting Ready for Your Endoscopy

## EGD (Upper Endoscopy) Prep Instructions

**Procedure Date:** \_\_\_\_\_ **Location:**

**Physician:**

The time of your procedure will be given to you 48 hours before your appointment.

---

## What is an Upper Endoscopy?

An upper endoscopy — also called an EGD (esophagogastroduodenoscopy) — is a procedure in which your doctor uses a thin, flexible scope with a camera to examine your esophagus, stomach, and the first part of the small intestine. An EGD may be performed to evaluate difficulty swallowing, nausea or vomiting, abdominal or chest pain, bleeding, or ulcers. Before the procedure begins, you will receive sedation so you are comfortable and asleep.

---

## Your Endoscopy Location

<b>David H. Koch Center</b> <i>Endoscopy Center</i> 1283 York Avenue, 8th Floor New York, NY 10065	<b>NewYork-Presbyterian Hospital</b> <i>Central Endoscopy Suite</i> 525 East 68th Street, 2nd Floor (Greenberg Pavilion) New York, NY 10065	<b>NewYork-Presbyterian Lower Manhattan Hospital</b> <i>Endoscopy Suite</i> 170 William Street, 2nd Floor New York, NY 10038
---	---	---

---

## How to Contact Us

- **Questions about your endoscopy or preparation:** Call 646-962-4000, Monday–Friday (excluding holidays), 9:00 AM – 5:00 PM.
- **After 5:00 PM, weekends, or holidays:** An on-call physician will return your call. Non-urgent calls are returned the next business day.
- **To reschedule:** Call 646-962-4000.
- **Medical emergency:** Call 911 or go to the nearest Emergency Room.

---

## Cancellation Policy

Scheduling your endoscopy requires careful planning between staff, doctors, and the hospital. To help avoid delays, please follow this guide and the schedule.

### If you must reschedule or cancel:

Contact us at least 3 days before your endoscopy.

**Phone:** 646-962-4000

**Email:** [endoscopyquestions@med.cornell.edu](mailto:endoscopyquestions@med.cornell.edu)

---

## Getting Ready for Your Endoscopy

### As soon as your endoscopy is scheduled:

- Review the cardiac clearance information
- Review the medication information

### 10 days before your endoscopy:

- Send us your cardiac clearance information, if applicable
- Follow medication instructions, if applicable

### 1 day before your endoscopy:

- Eat a normal diet — solid food allowed until midnight
- After midnight: clear liquids only

### Day of your endoscopy:

- Stop ALL liquids 6 hours before your scheduled procedure time (including water, gum, mints, and candy)
- Take essential medications with a small sip of water if instructed

---

### **IMPORTANT — Escort Required**

Per hospital policy, an adult age 18 or older must pick you up and escort you home after your procedure.

- The procedure cannot begin until this plan is confirmed. If unconfirmed, your appointment will be cancelled.
- Plan for pickup approximately 1.5 to 2 hours after your scheduled procedure time.

- If you don't have an escort, please let us know — we can provide information on service agencies that will accompany you (at cost).

## Cardiac Clearance

If you have a cardiac defibrillator (AICD), permanent pacemaker (PPM), or any current cardiac problems, we need a letter from your cardiologist at least 1 week before your endoscopy.

Cardiac problems include any history of heart attack, chest pain, difficulty breathing, or fainting episodes.

If you have...	We need...
Permanent Pacemaker (PPM)	An interrogation report within 12 months
Cardiac Defibrillator (AICD)	An interrogation report within 6 months

## Medication Information

### Anticoagulants (Blood Thinners)

If you take a blood thinner, **ask the doctor who prescribed it** whether you should stop it before your endoscopy. If your prescribing doctor does not want you to stop the medication, please call our office.

#### Commonly prescribed medications:

Apixaban (Eliquis®)	Edoxaban (Savaysa®)	Ticagrelor (Brilinta®)
Cilostazol (Pletal®)	Enoxaparin (Lovenox®)	Tinzaparin (Innohep®)
Clopidogrel (Plavix®)	Heparin	Warfarin (Coumadin®)
Dabigatran (Pradaxa®)	Prasugrel (Effient®)	Fondaparinux (Arixtra®)
Dalteparin (Fragmin®)	Rivaroxaban (Xarelto®)	Ticlopidine (Ticlid®)

**DO NOT STOP YOUR ASPIRIN unless your doctor specifically tells you to do so.**

## Diabetes & Weight-Loss Medications

If you take...	Do this
<b>Insulin or oral hypoglycemic pills</b>	Check with the doctor who prescribed these for you, as soon as possible, for instructions on how to manage them around your endoscopy.
<b>SGLT2 inhibitors</b> Canagliflozin (Invokana, Invokamet); Dapagliflozin (Farxiga, Xigduo XR, Qtern); Empagliflozin (Jardiance, Synjardy, Glyxambi, Trijardy XR); Ertugliflozin (Steglatro, Segluromet, Steglujan); Sotagliflozin (Inpefa);	<b>Stop 3 days before</b> your endoscopy.

If you take...	Do this
Bexagliflozin (Brenzavvy)	
<b>Daily GLP-1 receptor agonists</b> Liraglutide (Victoza, Saxenda); Exenatide (Byetta); Semaglutide oral tablet (Rybelsus)	<b>Do not take your dose on the day of your endoscopy.</b> You will also need to be on a clear-liquid diet the day before your endoscopy.
<b>Weekly GLP-1 receptor agonists</b> Dulaglutide (Trulicity); Exenatide ER (Bydureon BCise); Semaglutide injection (Ozempic, Wegovy); Tirzepatide (Mounjaro, Zepbound)	<b>Stop 1 week before</b> your endoscopy. You will also need to be on a clear-liquid diet the day before your endoscopy.

### Blood Pressure Medications

Take your blood pressure medications as usual on the day of your endoscopy with a small sip of water — **except diuretics** (water pills). **Do not take diuretics** on the morning of your endoscopy.

---

# Eating Before Your Endoscopy

## 1 day before your procedure:

- You may eat a normal diet — solid food is allowed until midnight the night before your procedure.
- After midnight: clear liquids only.

## Day of your procedure:

- Stop ALL liquids 6 hours before your scheduled procedure time. This includes water, gum, mints, and candy.
- You may take essential medications (such as blood pressure or seizure medications) with a small sip of water unless your doctor has told you otherwise.
- Do not eat or drink anything else until after your procedure.

**If you eat or drink anything during the 6-hour window before your procedure, your endoscopy must be cancelled.**

## What is a Clear-Liquid Diet?

### Acceptable clear liquids:

Water; black coffee or tea (no milk or creamer); ginger ale or other clear sodas; sports drinks; clear broth or bouillon (no noodles or solids); clear juices (apple, white grape); plain Jell-O; frozen juice popsicles.

### Avoid:

Any red or purple liquids; alcohol; juice with pulp; milk, cream, or non-dairy/soy creamer; soup with solids; smoothies; or any liquid you cannot see through.

**You can buy these products at the grocery store as needed**



---

# What to Expect

## Before Your Endoscopy

When you arrive, you will register and sign forms. You may also check in online through Connect, the patient portal for NewYork-Presbyterian, Columbia, and Weill Cornell Medicine. You will be asked to state and spell your name and date of birth to verify your identification.

After changing into a gown, a nurse will place an intravenous (IV) catheter in your arm. An anesthesiologist will review your medical history. Your doctor will give you more information about the procedure, including any risks, and answer your questions.

In the procedure room, you will be connected to monitors for your heart, breathing, and blood pressure, and given oxygen through your nose. Anesthesia is administered through your IV. Your doctor will use an endoscope to examine your esophagus, stomach, and the first part of your small intestine. An EGD is generally not painful.

### **In the Recovery Room**

You will wake up in the recovery room. Some bloating or mild throat discomfort is normal and resolves with passing gas and time.

Once you are fully awake, your nurse will remove the IV. Your doctor will then review your endoscopy results with you. Your nurse will go over discharge instructions before you leave. Your escort will take you home.

### **At Home, After Your Endoscopy**

If you had a biopsy, results are typically available in 7–10 days. Avoid alcohol for 24 hours. Avoid carbonated drinks, raw fruits, and salads at your first meal. You may resume your normal diet and activities the next day.

### **Call your doctor's office if you have:**

- A temperature of 101°F (38.3°C) or higher
- Severe abdominal or chest pain
- Difficulty swallowing or breathing
- Vomiting blood, or black or bloody stools
- Persistent nausea or vomiting