

# DIGESTIVE DISEASE SPECIALISTS, INC.

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[www.okddsi.net](http://www.okddsi.net)

Name: \_\_\_\_\_

Date of Procedure: \_\_\_\_\_

Arrival Time: \_\_\_\_\_

Procedure Time: \_\_\_\_\_

## North Endoscopy Center

3366 NW Expressway  
Baptist Physician's Bldg D, Ste. 400  
Oklahoma City, OK 73112

Check in ONE hour prior to  
procedure

## Integris Baptist Medical Center

3300 Northwest Expressway  
Oklahoma City, OK 73112

Check in ONE hour prior to  
procedure

## ESOPHAGOGASTRODUODENOSCOPY – EGD

### WHAT IS AN EGD?

A thin, flexible scope is passed through the mouth into the esophagus, stomach and small intestine. Abnormalities suspected on x-ray can be confirmed and others may be detected which are too small to be seen on x-ray. Biopsies may be obtained during the EGD to be sent to pathology. Often, a biopsy (a tiny bit of tissue) is taken for microscopic examination. This is how we will know if you have ulcer-causing bacteria, *Helicobacter pylori*. The biopsy also detects other problems that may be causing your esophageal or stomach discomfort. A narrow area can be stretched during EGD. **IF YOU HAVE ACCESS TO THE INTERNET, PLEASE LOG ON TO [www.okddsi.net](http://www.okddsi.net) AND WATCH THE EGD VIDEO UNDER THE PATIENT EDUCATION TAB PRIOR TO YOUR PROCEDURE.**

### PATIENT MEDICATION INSTRUCTIONS – PLEASE READ SEVEN (7) DAYS PRIOR TO PROCEDURE:

1. Some medications (prescription and over-the-counter) can reduce your body's ability to form blood clots and taking these before GI endoscopy procedures may increase your risk of bleeding during and after these tests. For this reason, it is generally recommended to withhold certain drugs if you are scheduled to have one of these procedures performed. These are sometimes referred to as **blood thinners**. The decision about whether to stop any medication is always based on an estimate of the risk of having a significant medical problem during the short time that you are off of them compared to the risk of bleeding complications from the procedure you are to undergo.
  - A. For medications used to treat arthritis, such **nonsteroidal anti-inflammatory drugs** (*See list on page 3*), there is little or no risk to stopping these, but you may have more arthritis pain or swelling. They are usually **stopped for four (4) days prior to any procedure**. It is safe to take acetaminophen (Tylenol) before an endoscopy for arthritis pain or headaches.
  - B. For **aspirin (81 or 325 mg daily)** used to prevent heart problems, this is usually safe to **stop for four (4) days prior to any procedure**. If you have severe heart problems you may need to consult with your heart specialist to determine if it is safe to stop it.
  - C. For **Clopidogrel (Plavix) and other anti-platelet drugs** (*See list on page 3*), it is usually important to speak with your heart doctor, vascular surgery specialist, neurologist or primary

physician to determine if these are safe to stop. These are usually **stopped for four (4) days prior to any procedure.**

- D. For **anti-coagulant** drugs (*See list on page 3*), it is almost always important to consult with the prescribing physician to determine if it is safe to stop them and for how long. For most people who are taking **Coumadin (Warfarin) or Pradaxa** for chronic heart rhythm problems (like atrial fibrillation) it is usually safe to **stop it for four (4) days prior to the procedure.** However there may be special circumstances where the medication is not stopped or other medications are used to prevent clotting after it is stopped. You should get specific advice from your doctor on how to handle this.
2. **Stop taking iron products four (4) days prior to your procedure**
  3. **If you use INSULIN or diabetic medications,** you may need to adjust your dose to ½ your normal dose the day prior to your procedure. Do not take your Insulin or oral diabetes medication the day of your procedure until afterwards.
  4. All other medications, such as your blood pressure meds, should be taken as usual on the morning of the procedure with a small sip of water.

#### **PRE-REGISTRATION FORMS:**

1. **If you are a new patient or if you have not been seen by your physician within one year,** please print the "pre-registration forms" under appointment information at ([www.okddsi.net](http://www.okddsi.net)).

**DO NOT SEND PAPERWORK BACK BY EMAIL, FAX OR MAIL. THIS WILL DELAY PROCESSING. BRING THE FORMS IN WITH YOU TO YOUR APPOINTMENT.**

#### **WHAT PREPARATION IS NEEDED?**

For the best possible examination, the stomach must be empty. **IF YOUR EXAM IS SCHEDULED FOR MORNING:** Do not eat or drink after **MIDNIGHT** the day before your exam. (Take your morning medications with a sip of water.) **IF YOUR EXAM IS SCHEDULED FOR AFTERNOON:** You may have a clear liquid diet for breakfast, nothing after \_\_\_\_\_ on \_\_\_\_\_. **If you are a new patient or if you have not been seen by your physician within one year AND have not previously submitted your pre-registration paperwork,** please bring the filled-out forms to the facility. **Also, please bring your photo ID, insurance cards and medication list.**

**A DRIVER MUST ACCOMPANY YOU:** You will not be able to drive, use a taxi, or a bus after the procedure. Your driver must be on the premises during your procedure or the procedure will be rescheduled.

#### **WHAT SHOULD YOU EXPECT DURING YOUR PROCEDURE?**

Your doctor will give you medication through a vein to make you relaxed and sleepy, and your throat may be sprayed with a local anesthetic. While you are in a comfortable position, the endoscope is inserted through the mouth and each part of the esophagus, stomach and duodenum is examined.

The procedure is extremely well-tolerated with little or no discomfort. Most patients even fall asleep during the EGD. The scope will not interfere with your ability to breathe.

#### **WHAT HAPPENS AFTER THE EGD?**

You will be monitored in the recovery area until most of the effects of the medication have worn off (about one hour). You will be able to resume your regular diet after the EGD unless otherwise instructed by your physician.

## MEDICATIONS TO AVOID PRIOR TO GI ENDOSCOPY PROCEDURES

### 1. **Nonsteroidal anti-inflammatory medications – NSAIDs (generic name in italics):**

*Diclofenac* (Cataflam, Voltaren, Arthrotec)  
*Diflunisal* (Dolobid)  
*Etodolac* (Lodine)  
*Fenoprofen* (Nalfon)  
*Flurbiprofen* (Ansaid)  
*Ibuprofen* (Motrin, Advil, Motrin IB, Nuprin)  
*Indomethacin* (Indocin)  
*Ketoprofen* (Actron)  
*Meclofenamate* (Meclomen)  
Mefenamic Acid (Ponstel)  
*Meloxicam* (Mobic)  
*Nabumetone* (Relafen)  
*Naproxen* (Naprosyn, Naprelan, Anaprox, Aleve)  
*Oxaprozin* (Daypro)  
*Piroxicam* (Feldene)  
*Salicylates* (sodium salicylate, Magan, Mobidin, Mobogesic, Arthritab, Bayer Select, Doan's pills)  
*Salsalate* (Amigesic, Marthritic, Salflex, Slasitab)  
*Sulindac* (Clinoril)  
*Tolmetin* (Tolectin)

### 2. **Anti-platelet drugs:**

Aspirin (*present in many medications*)  
*Cilostazol* (*Pletal*)  
*Clopidogrel* (*Plavix*)  
*Dipyridamole* (*Persantine*)  
*Dipyridamole/Aspirin* (*Aggrenox*)  
*Eptifibatide* (*Integrilin*)  
*Pentoxifylline* (*Trental*)  
*Ticlopidine* (*Ticlid*)  
*Tirofiban* (*Aggrastat*)

### 3. **Anti-coagulants:**

Heparin  
Low Molecular Weight Heparins (*Fragmin, Lovenox, Danaparoid*)  
*Warfarin* (*Coumadin*)