

Gastroenterology
and Hepatology

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ESOPHAGOGASTRODUODENOSCOPY (EGD) PREPARATION

THE DAY BEFORE EGD (also called Upper Endoscopy):

1. There are no specific restrictions on diet on the day before an EGD, but don't eat an excessively large or late dinner.
2. Unless instructed otherwise, continue your usual medications as prescribed. Diabetes medications and blood thinners may need adjustment.

ON THE DAY OF UPPER ENDOSCOPY:

3. You may continue to drink clear liquids until two hours prior to your appointment. No dairy or pulp is allowed. Take morning medications at least two hours before your appointment. Do not chew gum, smoke, or suck on hard candies within two hours of your appointment.

AFTER THE UPPER ENDOSCOPY

4. Relax, nap, lunch or a snack. **DO NOT DRIVE** for 12 hours. Call to schedule a follow up visit. While major findings are discussed right away, a follow up office visit allows me to discuss procedure and biopsy results, assess your progress, answer questions, and review future care needs.

HELPFUL HINTS

WHAT ARE CLEAR LIQUIDS?

Clear liquids include Water, Gatorade, Kool-Aid, Crystal Lite, Jello, Broth, Soda, Coffee or Tea (no creamer), Apple or Cranberry juice, Popsicles, Italian Ice.

I HAVE A HEART MURMUR. DO I NEED ANTIBIOTICS?

No, even if your dentist recommends that you take them prior to a dental procedure.

CAN I TAKE ASPIRIN, ADVIL, ALEVE?

Yes. Aspirin and similar products do not substantially increase the risk of bleeding.