
Preparing for your Upper GI Endoscopic Procedure with UVA Digestive Health

Routine Upper Endoscopy (EGD), Endoscopic Ultrasound (EUS), and Upper Balloon Enteroscopy

Thank you for choosing us to provide your care. Please follow these guidelines to help make for a successful experience.

Please note that UVA performs procedures at two locations. Please confirm your location by referring to your appointment reminder letter.

We strive to provide the safest care for all of our patients. As a result, some procedures may take longer for some patients than others. Please arrive 45 minutes prior to your appointment time. We ask for your patience and that you plan to be with us at least 2 to 3 hours.

If you must cancel or reschedule your appointment, please call the UVA Endoscopy scheduling team as soon as possible at: (434) 243-3090.

Medications

IMPORTANT: Some medications, such as diabetes medication and blood thinners, could cause complications during your upcoming procedure. If you take any of the following medications, contact the doctor who prescribes them to you **two weeks before your procedure date** and ask if you need to temporarily stop taking these medications.

- **Weight-loss or diabetes medication**, including Mounjaro, Ozempic, Saxenda, Victoza, Wegovy
- **Blood thinning medication**, including Aggrenox, Coumadin, Eliquis, Lovenox, Persantine, Plavix, Pletal, Pradaxa, Ticlid, Warfarin, Xarelto,

If you take any of these medications, we also recommend that you follow a **clear liquid diet for 1 day** before this or any endoscopic procedure during which you will be sedated, or “go to sleep,” during the procedure. While following a clear liquid diet, you can drink water and other sugar-free clear liquids. This will help empty your stomach, which is necessary for these procedures.

If you take a daily Aspirin, continue taking your Aspirin.

Drivers and Visitors

- You **MUST** have a driver on the day of your procedure: You will receive anesthesia medications on the day of your procedure, you must have a responsible adult 18 years or older who can drive you home. For your safety, UVA Health recommends that this person stay with you for several hours after your procedure. You may not drive for 24 hours after your procedure.
- Visitors: Please find the most up to date visitor information on the UVAHealth website <https://uvahealth.com/patients-visitors/visiting-patient>, or call us to ask if visitors are allowed at the time of your procedure (434) 243-3090.

Diet and Procedure Preparation

- **IMPORTANT: DO NOT** eat solid food or milk products after midnight the night before your procedure. You may have **clear liquids**, nothing red or purple, until 2 hours before you arrive for your appointment. **DO NOT** drink anything after that time or your procedure will be cancelled. **If on a GLP-1 agonist you should start this diet the entire day before your procedure start time.**

Change to this diet **after midnight** on the day of your procedure. You will return to your regular diet after the procedure.

Clear Liquids OK to Drink	Do NOT Drink
<ul style="list-style-type: none">• Water (plain, carbonated or flavored)• Fruit juices without pulp, such as apple or white grape juice• Carbonated drinks, including dark sodas (cola and root beer)• Tea or coffee without milk or cream• Sports drinks (not red or purple)	<ul style="list-style-type: none">• Milk• Artificial creamers• Fruit or vegetable smoothies• Gelatin (Jell-O)• Alcohol• Anything red or purple. These liquids can look like blood in the colon.• Broth

Day of Procedure

- Please arrive 45 minutes prior to your appointment time.
- **Take your daily medications up to 2 hours before your procedure unless instructed otherwise by your healthcare provider.**
- Medication and allergy information: Please bring a complete list of your current medications, their doses, and any allergies you may have.
- Pacemaker or Internal Defibrillator: Please bring your device information card with you.
- Personal belongings: Please leave all jewelry and other valuables at home. Please do not wear contacts the day of your procedure. If you wear glasses, hearing aids, or dentures, please bring a case with you to store these items during your procedure.