

General Upper Endoscopy (EGD) Instructions

What to Expect During Your EGD

- An upper endoscopy (EGD) allows your doctor to examine the **esophagus, stomach, and first part of the small intestine**
A thin, flexible camera is used while you are under anesthesia
Biopsies may be taken, even if the lining appears normal
 - **Dilation may be performed** if a narrowing (stricture) is found, which can help improve swallowing or related symptoms
 - The procedure is typically brief, and most patients go home the same day
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Before Your Procedure

 **Baby aspirin (81 mg)**  is OK to continue

 **Blood thinners** 

→ We will obtain **prescriber approval** for you to hold for **2–7 days** prior to the procedure, if needed

 **GLP-1 Medications**  (Mounjaro, Ozempic, Trulicity, Wegovy, Semaglutide, etc.)

→ **Hold GLP injection/pills one week prior** unless instructed otherwise

→ If you take a GLP-1, **please stay on a liquid diet on the day prior to the procedure**

\$ Insurance & Billing \$ Contact your insurance company to confirm coverage. Coverage and patient responsibility may vary based on findings and your individual insurance plan. You may wish to ask about coverage for the following common procedure codes:

- **Upper Endoscopy (EGD):**
 - Diagnostic EGD: **CPT 43235**
 - EGD with biopsy: **CPT 43239**
 - EGD with dilation (if needed): **CPT 43249**
- **Pathology** (biopsy interpretation), if necessary: **CPT 88305**

 **Cancellations**  Please provide **72 hours notice** to avoid a **\$100 cancellation fee**

Pathology Services



- If biopsies are taken, they are reviewed by our **in-house GI-trained pathologist**.
- Pathology services are billed separately, and patients may receive a bill from **Endoscopic Solutions, P.C.** for laboratory services depending on insurance coverage, in addition to charges for the physician performing the procedure.

Diet Instructions (Very Important)

The Day Before Your Procedure

- **No bowel prep is required for EGD**
 - You may eat normally unless instructed otherwise
 -  **Patients with early satiety, reflux, or known gastroparesis** should:
 - Eat a **lighter dinner**
 - Avoid fatty or heavy foods
 - Consider stopping solid food **earlier in the evening** to ensure the stomach is fully empty
 -  Patients on a GLP-1 medication should be a liquid diet for 24 hours prior to their procedure, even if the medication is held.
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Nothing by Mouth (NPO) – Extremely Important

- **Do not eat or drink anything for at least 8 hours before your procedure**
 - This includes food, liquids, gum, candy, and mints
 - It is okay to brush your teeth in the morning
 - Essential medications may be taken with a **small sip of water up to 4 hours before** the procedure unless instructed otherwise
 - Failure to follow NPO instructions may result in **procedure cancellation for safety reasons**
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Day of Procedure

-  The **surgery center will call you 1–2 days before** your procedure with your final arrival time
-  You **must have a driver** to take you, stay with you, and drive you home after the procedure
-  Plan to take the day off from work. You may return to normal activity on the following day.