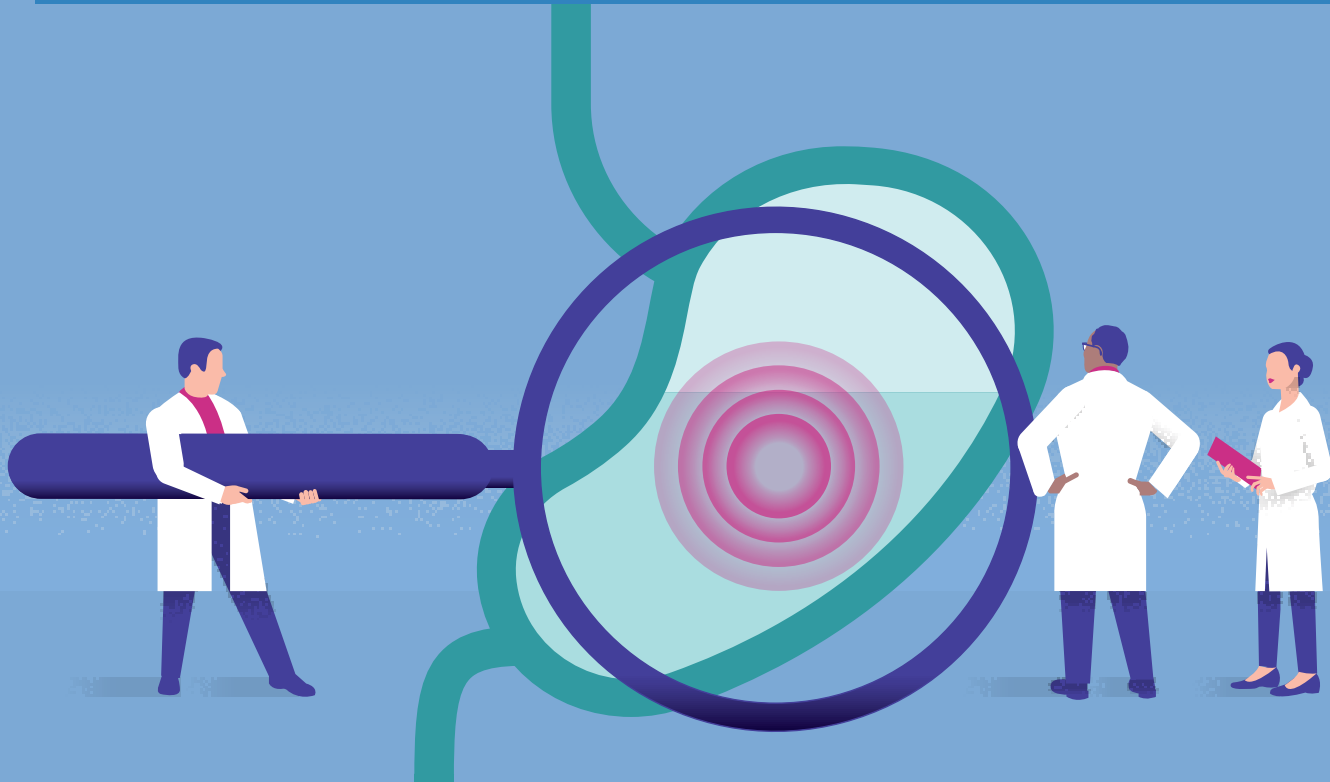


Upper Endoscopy Preparation Instructions



What is an upper endoscopy and what can I expect during the procedure?

An upper endoscopy, also known as an esophagogastroduodenoscopy (EGD), is a procedure that allows your doctor to examine the inside of your upper gastrointestinal (GI) tract: the esophagus (swallowing tube), stomach, and the duodenum (first portion of the small intestine). During the procedure, an endoscope, which is a long, flexible tube with a light and camera at the end, is used to view the inside of your upper GI tract. You may be given sedation/anesthesia for this test. The upper endoscopy usually takes 10 to 15 minutes to complete.



LOCATION Your upper endoscopy will likely take place at one of the UCLA procedure locations listed on the last page.

How do I prepare for an upper endoscopy?



- ☐ **DISCUSS MEDICATIONS** and **HEALTH CONDITIONS** you have with your doctor. Contact your **PRESCRIBING** provider for instructions on how to appropriately adjust your medications prior to your procedure. Instructions may include the following changes:
 - You will need to temporarily discontinue blood thinners prior to your procedure.
 - If you are diabetic, your medications may need to be adjusted.
 - You will need to temporarily stop taking GLP-1 medications (such as Ozempic or Trulicity) for diabetes and/or weight loss up to 7 days prior to your procedure.
 - Take your essential morning medications (including blood pressure medications), at least 4 hours prior to your procedure with a small amount of water.
 - Any non-prescribed over-the-counter supplements or medications can be temporarily discontinued until after the procedure.



- ☐ **SCHEDULE** your upper endoscopy. Please call our **Patient Communication Center (PCC)** at **310-825-7540** to schedule your procedure if it was not scheduled for you at your clinic appointment. Note: The PCC may also call you to schedule the procedure.



- ☐ **ARRANGE** for a friend or family member to drive or accompany you home after the endoscopy because you will be drowsy from sedation, and it is unsafe for you to drive.
 - You must have an adult accompany you home the day of your procedure, even if you take a cab or ride-sharing service.
 - The medical procedure staff must be able to contact whoever will accompany you. If this person cannot be confirmed prior to the appointment, your procedure will be rescheduled for your safety.
 - You should not drive a car, operate machinery, or make any legal decisions until the day after your procedure.
 - If you are unable to find a responsible adult to accompany you and need a ride for the procedure, you may utilize a non-emergency medical transport company providing “door-to-door” service. Door-to-door transport service provides assistance entering and exiting the vehicle ensuring safe arrival at each destination. Please bring medical transport contact information with you the day of your procedure. Procedure Unit staff must be able to confirm this transportation upon admission, or your procedure may be cancelled. You can call your insurance to find out about what options are available to you. Expect to be at the unit 3 hours from check-in time.



- ☐ **NIGHT BEFORE** your procedure, **do not eat solid foods** after 12:00 am (midnight). **Do not take any medications** after midnight unless your doctor has specifically asked that you take them (i.e. blood pressure medications). You may **only drink clear liquids** after midnight. Clear liquids consist only of liquids that you would be able to read a newspaper through.

CLEAR LIQUIDS INCLUDE:

- Water, mineral water
- Clear fruit juices without pulp (apple, white grape, white cranberry, lemonade, etc.)
- Clear carbonated and non-carbonated soft drinks or sports drinks
- Store-bought and >99% fat-free broth (chicken, beef, vegetable, or bone broth)
- Popsicles or gelatin (such as Jell-O)
- Coffee or tea (without milk or cream)

Do not consume any red-, purple-, or orange-colored liquids.



- ☐ **4 HOURS BEFORE** your procedure, **STOP DRINKING ALL CLEAR LIQUIDS AND MEDICATIONS. This means that you should not have anything to eat or drink 4 hours before your upper endoscopy and onward.**

AFTER YOUR UPPER ENDOSCOPY

You will spend time in our post-procedure unit where our nursing staff will monitor you. Once it is felt safe, you will be able to leave with your driver/escort. You will receive a printed copy of your results for your own records. Once home, you may resume your normal diet and medications.

UCLA Upper Endoscopy Procedure Locations

UCLA LOCATIONS

- ☐ **WESTWOOD**
UCLA Medical Center
200 UCLA Medical Plaza
(Check in 1 hour before procedure time)
 200 UCLA Medical Plaza #320
 Los Angeles, CA 90095
- ☐ **Ronald Reagan UCLA Medical Center**
(Check in 2 hours before procedure time)
 757 Westwood Plaza,
 Admissions, Room 1314
 Los Angeles, CA 90095
- ☐ **NORTH HOLLYWOOD**
North Hollywood
(Check in 1 hour before procedure time)
 4343 Lankershim Blvd #210
 North Hollywood, CA 91602

- ☐ **SANTA CLARITA**
Santa Clarita
(Check in 1 hour before procedure time)
 27235 Tourney Rd #1100
 Valencia, CA 91355
- ☐ **SANTA MONICA**
UCLA Medical Center, Santa Monica
(Check in 1.5 hours before procedure time)
☐ 1250 16th St #G-314
 Santa Monica, CA 90404
(Check in 1 hour before procedure time)
☐ 1508 Arizona Ave #200
 Santa Monica, CA 90404

- ☐ **TORRANCE**
Torrance / South Bay
(Check in 1 hour before procedure time)
 2780 Skypark Dr #135
 Torrance, CA 90505
- ☐ **WEST HILLS**
West Hills
(Check in 1 hour before procedure time)
 7320 Woodlake Ave #320
 West Hills, CA 91307

OTHER LOCATIONS

- ☐ **BEVERLY HILLS**
Specialty Surgical Center of Beverly Hills
(Check in 1 hour before procedure time)
 8670 Wilshire Blvd #300
 Beverly Hills, CA 90211
- ☐ **BURBANK**
Providence Saint Josephs Health Center
(Check in 1.5 hours before procedure time. Labs and EKG done within 30 days)
 501 S. Buena Vista St
 Burbank, CA 91505
- ☐ **ENCINO**
Specialty Surgical Center Encino
(Check in 1 hour before procedure time)
 16501 Ventura Blvd #103
 Encino, CA 91436

- ☐ **SANTA CLARITA**
Henry Mayo Newhall Memorial Hospital
(Check in 1 hour before procedure time)
 23845 McBean Pkwy
 Valencia, CA 91355
- ☐ **THOUSAND OAKS**
Los Robles Hospital
(Check in 1 hour before procedure time)
 215 W. Janss Rd
 Thousand Oaks, CA 91360
- ☐ **Los Robles Surgicenter**
(Check in 1 hour before procedure time)
 2190 Lynn Rd #100
 Thousand Oaks, CA 91360

- ☐ **TORRANCE**
Pacific Endo Surgical Center
(Check in 1 hour before procedure time)
 3445 Pacific Coast Highway #120
 Torrance, CA 90505
- ☐ **WEST HILLS**
West Hills Hospital
(Check in 2 hours before procedure time)
 7300 Medical Center Dr
 West Hills, CA 91307
- ☐ **WESTLAKE VILLAGE**
Specialty Surgical Center Westlake
(Check in 1 hour before procedure time)
 696 Hampshire Rd #100
 Westlake Village, CA 91361