

PAUL J. SPINKA M.D.

Gastroenterology & Hepatology

1839 Sonoma Street

Redding, CA 96001

Phone (530) 244-0654 Fax (530) 244-0698

INSTRUCTIONS FOR UPPER ENDOSCOPY (EGD)

YOUR PROCEDURE WILL BE DONE AT THE FACILITY YOUR E-MAIL LISTED
(PLEASE NOTE LOCATION PROVIDED FROM E-MAIL THAT WAS SENT BY OFFICE):

_____ Court Street Surgery Center
2184 Court Street
Redding, CA 96001
(530) 246-4444

_____ Shasta Regional Medical
1100 Butte Street
Redding, CA 96001
(530) 244-5121

_____ Redding Endoscopy Center
2179 Court Street
Redding, CA 96001
(530) 246-7000

_____ Mercy Medical Center
2175 Rosaline Ave
Redding, CA 96001
(530) 225-7900

- You will be at the facility for 2-2 1/2 hours from arrival to discharge.
- **You MUST have a driver due to the sedatives given during the procedure. Rideshares like a Taxi, Bus, Uber or Lyft are not acceptable and cannot be used. If using a Medical Transport, someone has to be home at your arrival and be available with you for the remainder of the day if the Surgery Center needs to call and speak to them.**
- You cannot work or drive the day of the procedure. You can resume your normal schedule the following day.

IF YOU ARE TAKING ANY BLOOD THINNING MEDICATIONS SUCH AS WARFARIN (COUMADIN), PLAVIX (CLOPIDOGREL), ELIQUIS (APIXABAN), BRILINTA ETC, PLEASE CONTACT OUR OFFICE FOR INSTRUCTIONS AS SOON AS POSSIBLE TO AVOID HAVING YOUR PROCEDURE CANCELLED OR RESCHEDULED.

This examination allows your doctor to directly view the walls of the esophagus, stomach, and upper small intestine. It is done after consideration of all the factors for your best interest.

WHAT IS THE PROCEDURE?

Medications are given in the vein to help you relax and to make the exam as comfortable as possible. General anesthesia is not used. A local anesthetic is sprayed in small amounts to numb the back of the throat and decrease the gag reflex. The instrument used for the exam is a flexible rubber tube containing a light and lens for excellent viewing you will swallow the tip of the scope with the help of your doctor. This will not interfere with breathing. Small tissue biopsies may be taken if necessary. This exam takes about 5-10 minutes and your doctor will tell you the preliminary results after you recover from sedation. After 30-60 minutes, you will be alert enough to leave.

Afterwards you may feel fullness in the stomach due to some air that is used during the procedures. A sore throat may be soothed with a gargle of warm saltwater.

HOW DO YOU PREPARE FOR THE PROCEDURE?

- You may take your regular, necessary pills with a glass of water.
- You may have no solid foods after midnight prior to the date of your exam. You may follow a Clear Liquid Diet as listed below:
Black coffee (no milk or creamer), tea, soft drinks, water, gelatin, fruit juice popsicles, clear hard candy, bouillon, consommé, fat free broth and fruit juices without pulp. **DO NOT EAT OR DRINK ANYTHING THAT IS COLORED RED, PURPLE OR ORANGE**

MORNING OF YOUR APPOINTMENT:

- You may continue having **CLEAR** liquids of your choice up until 2 hours before your exam. **DO NOT EAT ANYTHING SOLID.**

IF YOU ARE TAKING BLOOD THINNING MEDICATIONS, SUCH AS COUMADIN, PLAVIX, WARFARIN, XARELTO, BRILINTA ETC, PLEASE CONTACT OUR OFFICE AT LEAST ONE WEEK PRIOR TO YOUR APPOINTMENT SO WE CAN CLEAR POSSIBLY STOPPING MEDS THROUGH YOUR CARDIOLOGIST. ALL OTHER MEDICATIONS SHOULD BE TAKEN WITH A SMALL AMOUNT OF WATER PRIOR TO YOUR COMING TO YOUR PROCEDURE.

You could receive a bill from the Doctor, the Facility and possibly the laboratory if biopsies are taken during your procedure.

Please contact the office with any questions.