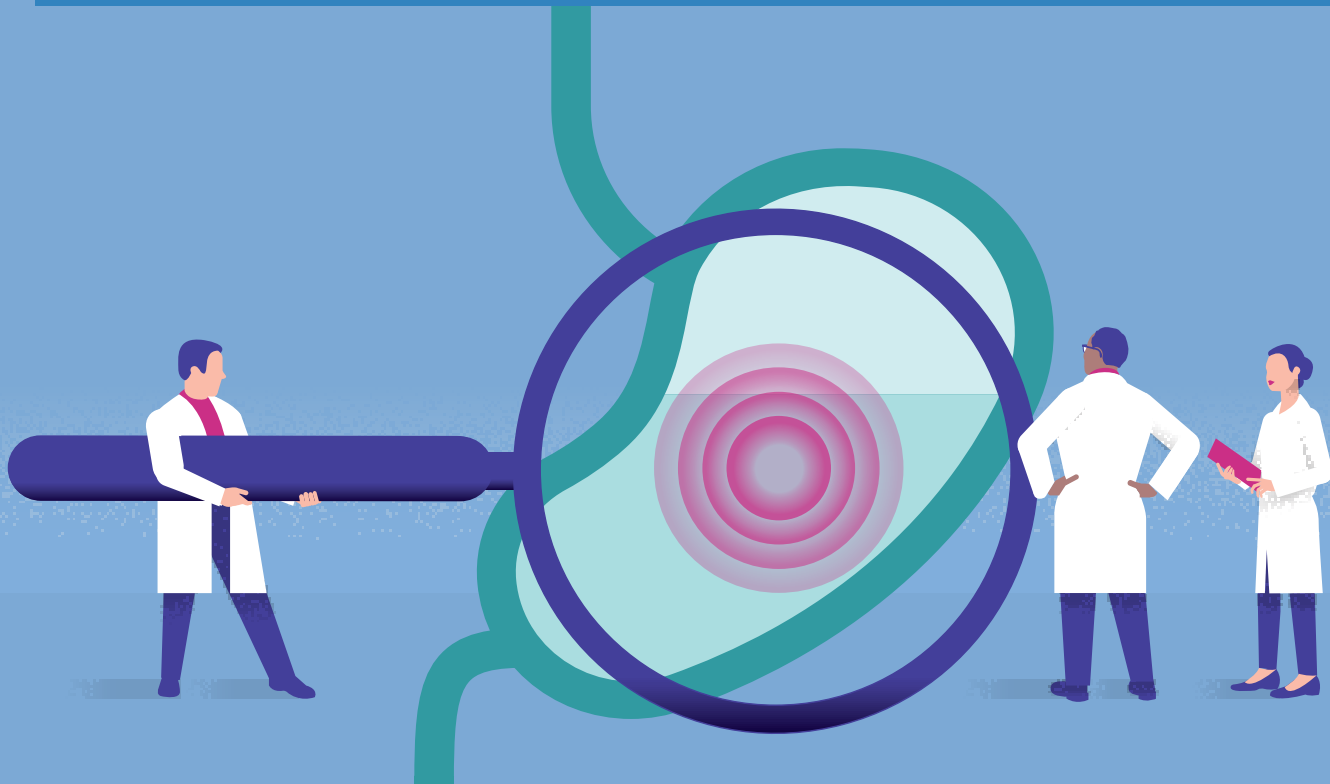


# Upper Endoscopy Preparation Instructions



## 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.

You will require special instructions regarding these medications:

- Anticoagulants/Blood thinners
- Antiplatelet medications such as Plavix®
- Blood pressure medications
- GLP-1 medications such as Ozempic® and Trulicity®
- If you are instructed to do so, stop taking all iron, aspirin, and non-steroidal anti-inflammatory (NSAID) medications, such as Motrin®, ibuprofen, and Advil®

Notify your doctor if you have these health conditions:

- Heart murmurs
- Previous heart valve surgery
- Bleeding disorders



- 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 you home after your procedure if you are being sedated as you will still be drowsy and it is unsafe to drive.

- You must have an adult accompany you home the day of your procedure, even if you take a cab. The medical procedure staff must be able to contact whoever will accompany you. If this person cannot be confirmed prior to the procedure, 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 and ensuring safe arrival inside their destination. Please bring the 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 canceled. You can call your insurance to find out about what options are available to you.



- 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

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## 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