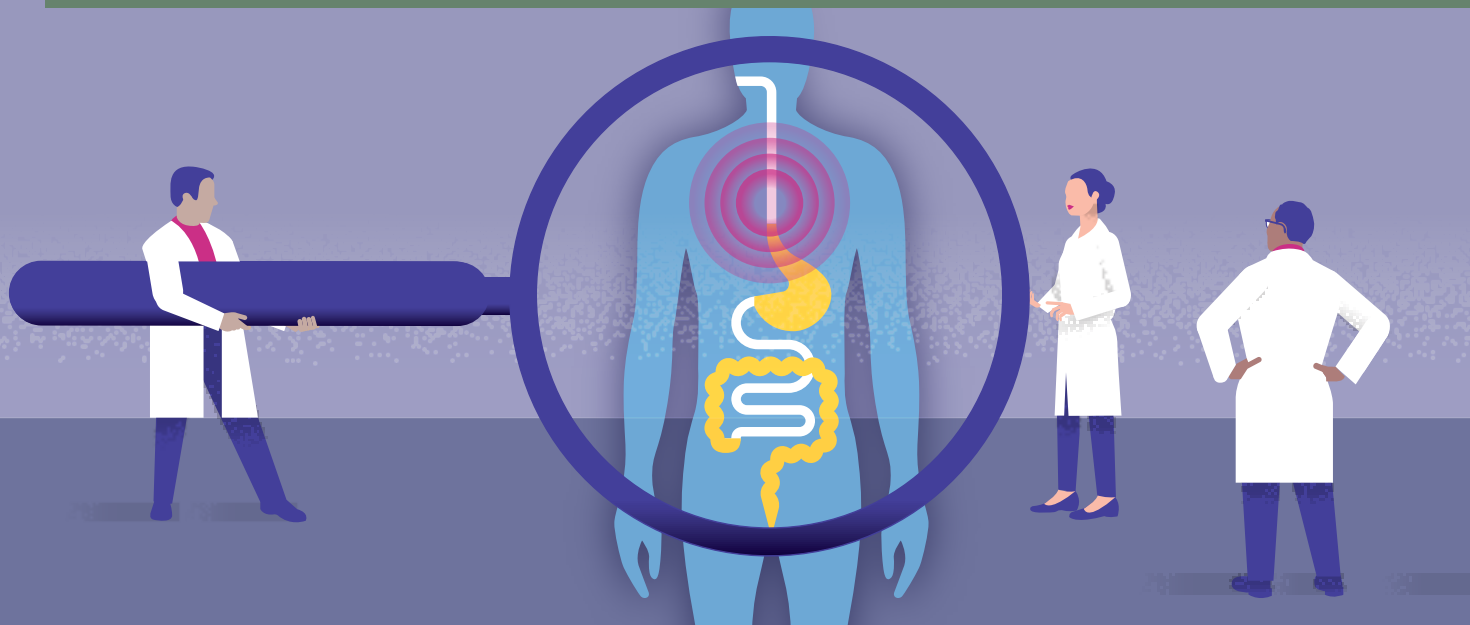


EGD with 96-Hour Wireless Esophageal pH Capsule (OFF Acid Suppression) Test Preparation Instructions



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). It is performed by a doctor. 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 will be given sedation/anesthesia for this test. The upper endoscopy usually takes 10-15 minutes to complete.



LOCATION Your test will be performed at the selected location below.

Date _____ Time _____

☐ **UCLA Medical Center**
200 UCLA Medical Plaza #320
 Los Angeles, CA 90095
(Please check in 1 hour before procedure time)

☐ **Ronald Reagan UCLA Medical Center**
757 Westwood Plaza,
Admissions, Room 1314
 Los Angeles, CA 90095
(Please check in 2 hours before procedure time)

☐ **UCLA Medical Center, Santa Monica**
 1250 16th St #1401
 Santa Monica, CA 90404
(Please check in 1.5 hours before procedure time)

☐ **North Hollywood**
 4343 Lankershim Blvd, #210
 North Hollywood, 91355
(Please check in 1 hour before procedure time)

☐ **Santa Clarita**
 27235 Tourney Rd #1100
 Valencia, CA 91355
(Please check in 1 hour before procedure time)

☐ **Thousand Oaks**
 248 Hampshire Rd #210
 Thousand Oaks, CA 91361
(Please check in 1 hour before procedure time)

☐ **Torrance/South Bay**
 2780 Skypark Dr #135
 Torrance, CA 90505
(Please check in 1 hour before procedure time)

☐ **West Hills Endoscopy**
 7320 Woodlake Ave #320
 West Hills, CA 91307
(Please check in 1 hour before procedure time)

How do I prepare for my procedure?



- ☐ **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 test. Please call our **Patient Communication Center (PCC) at 310-825-7540** to schedule your procedure. Note: The PCC might 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.

IF YOU ARE ON ANY MEDICATIONS LISTED BELOW, PLEASE FOLLOW THESE INSTRUCTIONS:



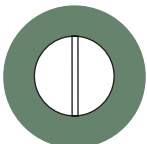
7 DAYS BEFORE YOUR TEST STOP TAKING

- **Proton pump inhibitors (PPIs) and potassium-competitive acid blockers (PCABs)** - This includes, but is not limited to rabeprazole (Aciphex), omeprazole (Prilosec), lansoprazole (Prevacid), dexlansoprazole (Dexilant), esomeprazole (Nexium), pantoprazole (Protonix), vonoprazan (Voquezna).



2 DAYS BEFORE YOUR TEST STOP TAKING

- **Histamine2 blockers** - This includes, but is not limited to famotidine (Pepcid), cimetidine (Tagamet), ranitidine (Zantac), nizatidine (Axid).



1 DAY BEFORE YOUR TEST STOP TAKING

- **Antacids** - This includes, but is not limited to Maalox, Mylanta, Rolaids, Gaviscon, TUMS.
- **Sucralfate (Carafate)**



- ☐ **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)



- ☐ **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 PROCEDURE

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 take home a receiver and diary along with instructions on how to use them both. Once home, you may resume your usual diet. Remember that you will need to return the diary and the receiver to the Medical Procedure Unit, so that your test can be interpreted.

WHAT IS A 96-HOUR WIRELESS ESOPHAGEAL pH CAPSULE TEST AND WHAT CAN I EXPECT DURING THE PROCEDURE?

The wireless esophageal pH capsule is a test used to measure the amount of stomach acid that refluxes up into the esophagus. During the EGD, the capsule (which is about the size of a large gel cap) is attached to the lining of your esophagus. The capsule measures acidity in the esophagus and transmits this information to a receiver that you will need to keep near you for the duration of the study (96 hours). Along with the receiver, you will be given instructions on how to record your symptoms on a diary during the test. After the study is complete, you need to return the diary and the receiver to the Medical Procedure Unit, so that the data can be downloaded and interpreted by a gastroenterologist. Detailed instructions will be provided to you by a nurse on the day of your appointment.

Five to several days after placement, the capsule naturally falls off and is eliminated from the body with a bowel movement. You will not need to retrieve it.

IMPORTANT: If you have an allergy to nickel or fake jewelry, please inform your doctor. You should not have this test if you have a pacemaker, an implanted defibrillator, esophageal varices, strictures, or if you tend to bleed. Also, do not have an MRI for 30 days following the procedure, or if you are not certain that you have passed the capsule in your stool. Undergoing an MRI while the capsule is still inside you can result in serious damage to your body.

