HealthPro Surgery
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Consultant General, Vascular and Laparoscopic Surgeon

PREPARATION GUIDE

Preparing for your upper GI endoscopy (OGD)

An OGD examines the oesophagus, stomach and duodenum with a thin flexible camera. No bowel preparation is needed; your stomach simply needs to be empty. The test usually takes 10–15 minutes.

Procedure date: _____ **Arrival time:** _____

Before the procedure

- **Do not eat for 6 hours** before the procedure.
- Small sips of water are allowed until **2 hours before**, then nothing by mouth.
- Take essential morning medicines (e.g. blood pressure tablets) with a sip of water unless told otherwise.
- Tell us in advance if you take blood thinners (warfarin, clopidogrel, rivaroxaban, apixaban) or diabetes medicines. Do not stop them without advice.
- If you are also having a colonoscopy on the same day, follow the colonoscopy preparation instead.

What to bring

- Your ID and insurance card
- A list of your current medicines, and any previous endoscopy or scan reports
- An adult to accompany you home if you will receive sedation

On the day

Sedation and throat spray

Most patients receive sedation and remember little of the test. A throat spray may be used to numb the throat.

Recovery

You rest for about an hour afterwards. A mild sore throat or bloating is common and settles quickly.

Results

Findings are discussed with you on the day. Biopsy results usually take several working days and are reviewed at follow-up.

After sedation

Do not drive, operate machinery or sign important documents for 24 hours.

Seek help urgently if you have

- Severe chest, neck or abdominal pain
- Difficulty breathing or swallowing
- Vomiting blood, or black tarry stools
- Fever after the procedure

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General guidance only. Always follow the specific instructions given to you by our team.
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