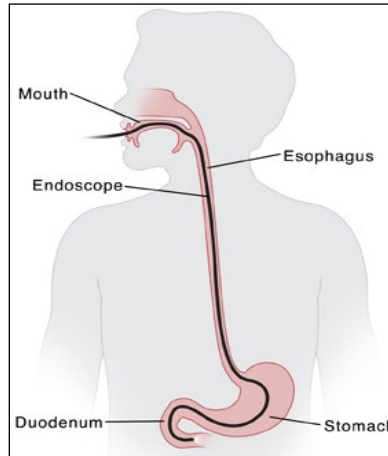


Upper Endoscopy (EGD) Prep

An EGD (upper endoscopy) is a simple procedure that allows your doctor to look at your throat, stomach, and the first part of your small intestine using a small camera.

Following these instructions carefully is very important. Reading all instructions keeps you safe and allows your doctor to see clearly and provide the best care possible.



FOUR DAYS BEFORE PROCEDURE:

- Discontinue multivitamins as well as iron, fiber, herbal and homeopathic supplements (unless advised by a physician).

ONE DAY BEFORE PROCEDURE:

- If you are taking GLP-1 medication (such as Ozempic, Wegovy, Mounjaro, Zepbound, Trulicity, or similar), you must follow a clear liquid diet the entire day before your procedure.

DAY OF PROCEDURE:

Clear liquids only, NO SOLID FOOD. Not following day of procedure instructions may cause your procedure to be cancelled due to safety concerns with anesthesia.

- 6 HOURS BEFORE PROCEDURE:**
 - Stop all forms of tobacco products INCLUDING ORAL CHEWING TOBACCO.
- 3 HOURS BEFORE PROCEDURE:**
 - Nothing by mouth at this time.
 - If you have anything by mouth, your procedure may need to be canceled. This includes clear liquids, gum, chewing tobacco, and hard candy

What You Need to Know

Transportation

If you are having sedation, you must have a driver who will stay at the endoscopy center during your procedure and drive you home. No driver, no procedure.

A taxicab is allowed only if a responsible adult accompanies you and will go home with you.

Medication Instructions

At least 3 hours before your procedure take inhalers and medications for heart, blood pressure, seizures, anxiety, and breathing with a small sip of water

DO NOT take blood thinners or diabetic medications unless instructed.

Blood thinners:

Blood thinners include prescription medications, aspirin (including baby aspirin), injections, and some supplements. If you take any medication to prevent blood clots or thin your blood, please notify our office.

We will coordinate with your prescribing provider and let you know when (and if) you need to stop any medication. Please **do not stop medications on your own**. If you haven't heard from us, please call us!

Warfarin (Coumadin, Jantoven)

Dabigatran (Pradaxa)

Cilostazol (Pletal)

Edoxaban (Savaysa)

Dipyridamole (Persantine)

Clopidogrel (Plavix)

Rivaroxaban (Xarelto)

Ticagrelor (Brilinta)

Apixaban (Eliquis)

Prasugrel (Effient)

Diabetic medications:

Please check with your prescribing Physician or Endocrinologist on how to adjust your insulin.

Do not take your diabetes medications the evening before and day of your procedure – but bring them with you.

Please check your blood sugar morning of procedure.

Procedures will be cancelled if blood sugar is 400 or above.

If you are concerned about low blood sugar, consider purchasing glucose tablets.

Diet medications:

- Hold 7 days before your procedure
(Phentermine, Adipex, Qsymia)
- If on a GLP1 medication, you must follow a clear-liquid diet the day before the procedure. It is not necessary to hold these medications.