EGD Preparation Instructions

Please note there are TWO separate sets of instructions on this page. Follow the set that applies to you.

⇒ Please do not smoke the day of your procedure.
⇒ **High Blood Pressure Patients:** Take your morning dose of blood pressure medication.

To avoid possible procedure cancellation:

1. Do not eat or drink anything before your procedure as explained below
2. Arrive for your procedure 45 minutes before your scheduled procedure time
3. Bring a responsible adult who can remain at GSI throughout your entire procedure
4. Any female who has had a menstrual period within the last year will be required to take a urine pregnancy test upon arrival. Please do not urinate in the lobby.

Please follow if taking medications listed in the box below for Diabetes and/or Weight Loss

If not on these medications, follow instructions at the bottom of the page

7 Days before procedure STOP:	3 Days before procedure STOP:
• Ozempic (Semaglutide) • Wegovy (Semaglutide) • Mounjaro (Tirzepatide) • Trulicity (Dulaglutide) • Rybelsus (Semaglutide) • Bydureon (Exenatide) • Zepbound (Tirzepatide)	• Byetta (Exanatide) • Victoza (Liraglutide) • Saxenda (Liraglutide)

Day before your procedure

* **When you wake up, begin a clear liquid diet. STOP any liquids 8 HOURS before your procedure arrival time.**

☒ **DO NOT eat any solid foods or dairy products or drink alcohol**.

☑ Clear liquids include: water, soda, sports drinks, clear broth or bouillon, black coffee, black tea, popsicles, plain Jell-O, and clear fruit juices without pulp (white grape, apple juice)

!! IMPORTANT !! NOTHING in your mouth 8 Hours before your procedure arrival time. DO NOT:

☒ Eat food, mints, gum, or candy
☒ Drink anything, including water

Please follow if not taking medications listed in the box above

* **Diabetic Patients taking insulin:** Take 1/2 dose of your PM insulin the day before your procedure.

On the day of your procedure

* **After midnight, DO NOT:**

- Eat food, mints, or candy
- Drink anything, including water
- Chew tobacco or nicotine

* You may brush your teeth.

* **Diabetic Patients taking insulin:** Do not take any insulin or diabetic medication by mouth the day of your procedure **UNLESS** your blood sugar is higher than 300g/dL. If this occurs, take insulin according to your sliding scale.

GASTROENTEROLOGY SPECIALISTS, INC.
10210 East 91st Street South
Tulsa, OK 74133
(918) 940-8500

Medication Instructions

* **High Blood Pressure Patients:** Take your morning dose of blood pressure medication.
* **Diabetic Patients on Insulin:** Take 1/2 dose of your PM insulin the day before your procedure.
* **Diabetic Patients:** Do not take any insulin or diabetic medication by mouth the day of your procedure **UNLESS** your blood sugar is higher than 300g/dL. If this occurs, take insulin according to your sliding scale.
* After consulting with your physician, **STOP TAKING:**

Blood Thinners ⇒ If you take 81mg Aspirin for heart protection, **DO NOT STOP IT.**		
7 Days before procedure	**5 Days before procedure**	**2 Days before procedure**
• Plavix (Clopidogrel) • Aggrenox • Effient (prasugrel)	• Brilinta (Ticagrelor) • Coumadin (warfarin) • Fish oil	• Eliquis • Pradaxa • Xarelto

If taking below medications for Diabetic management and/or Weight Loss STOP:	
7 Days before procedure	**3 Days before procedure**
• Ozempic (Semaglutide) • Wegovy (Semaglutide) • Mounjaro (Tirzepatide) • Trulicity (Dulaglutide) • Rybelsus (Semaglutide) • Bydureon (Exenatide) • Zepbound (Tirzepatide)	• Byetta (Exanatide) • Victoza (Liraglutide) • Saxenda (Liraglutide)

****Due to potential anesthesia complications, your procedure may be canceled if you do not stop medications per recommendation****

3 Days before colonoscopy, STOP
• Iron and Bulk Laxatives • Metamucil • Effersyllium • Avoid high-fiber foods