

Upper Endoscopy Prep (EGD)

• **SEVEN DAYS BEFORE THE PROCEDURE**

Medication restrictions – Please call the prescribing physician

1. *Diabetics taking insulin:* will need dose adjustment the day before the exam. Please ask for advice from the physician that prescribes your insulin. For diabetics only taking diabetic pills simply stop the pills the day before the procedure (see below).
2. **DO NOT** take ***Ozempic, Mounjaro, Wegovy, Trulicity, Semaglutide, Saxenda, Vitoza, Rybelus, Adlyxin, Byureon and Byetta.*** 1 week prior to procedure, this slows gastric motility and the effectiveness of the prep and increases risk of aspiration if food and liquids are still present in the stomach.
3. *Blood thinners (antithrombotic agents) including: Coumadin (Warfarin), Plavix, Pradaxa, Xarelto, Eliquis, Brilinta and Effient:* These can increase the risk of bleeding during and after endoscopic procedures to a varying degree. **If you take a blood thinner, review our recommendations below for holding these medications prior to your procedure and confirm with your prescribing provider:**

Effient - 7 days; Coumadin (Warfarin), Plavix and Brilinta - 5 days; Pradaxa, Eliquis and Xarelto - 2 days;

**** IF these medications are unable to be stopped, you need to call our office ASAP****

4. Aspirin does **NOT** need to be stopped.

• **THE MORNING OF THE PROCEDURE**

1. Nothing to eat after midnight, you can have clear liquids (see below) 4 hours prior to your **scheduled procedure time.**
2. You should take any necessary medications you normally use on the morning of the procedure with **sips** of water.
3. Arrive at your scheduled arrival time.
4. Bring a list of your medications, insurance cards and photo ID.
5. After the procedure you must have a responsible adult drive you home. Your driver must wait for you at the endoscopy center. **Taking a cab or Uber home is not an option.**
6. You may not drive or work until the next day.

• **QUESTIONS OR PROBLEMS**

1. Daytime phone number is (314) 997-0554.
2. After hours number is (314) 388-6578.
3. Internet website address is www.Gidoctor.net

• **IMPORTANT INFORMATION ABOUT SEDATION**

Sedatives used for endoscopy include Propofol. These medications provide amnesia and pain relief. You are breathing on your own. You may be groggy after your procedure and you SHOULD NOT work or drive the rest of the day, a responsible adult must drive you home after your procedure.

Clear liquids include:

You may have bouillon, broth, black coffee (sugar and artificial sweeteners are okay, no creamer of any kind), tea (honey is okay), juice (apple, grape, cranberry), Gatorade, Powerade, lemonade, soda (regular or diet are okay), water, Popsicles and Jell-O (any flavor or color). Taking red Jell-O and red Gatorade may turn your bowel movements red and should be limited.