



EGD INSTRUCTIONS:

Your procedure is scheduled at:

Columbia Endoscopy Center: **208 Portland St. Columbia, MO 65201**

Date: _____ Arrive at: _____ Procedure time: _____ Doctor: _____

IMPORTANT REMINDERS: PLEASE READ AT LEAST 5 DAYS PRIOR TO PROCEDURE

1. You MUST have a driver as you will be sedated and cannot drive for 12 hours following procedure.
2. Continue taking ALL prescribed medications until the day of your procedure. Please take blood pressure medications at least 4 hours before procedure.
 - a. IF YOU ARE TAKING BLOOD THINNERS (PLAVIX, WARFARIN, ELIQUIS, XARELTO, ETC.) PLEASE CONTACT OUR OFFICE FOR DIRECTION ON HOW LONG TO HOLD BEFORE PROCEDURE. YOU DO NOT NEED TO STOP LOW DOSE ASPIRIN.
3. If you are taking a GLP-1 injection (Ozempic or Wegovy [semaglutide], Mounjaro [tirzepatide], Trulicity [dulaglutide]), you must hold injection for 7 days prior to procedure. You must also stay on a clear liquid diet the entire day prior to procedure.

THE DAY BEFORE YOUR PROCEDURE:

1. **FOR PATIENT'S ON GLP-1 MEDICATIONS OR KNOWN GASTROPARESIS ONLY** NO SOLID FOOD, you can have clear liquids ONLY.
 - a Clear liquids include:

| | | | |
|--|-------------------------------------|-------------------------------|---------------------|
| WATER | GATORADE | WHITE GRAPE JUICE | APPLE JUICE |
| TEA | COFFEE (black) | JELL-O | KOOL-AID |
| CRANBERRY JUICE (naturally colored) | BROTH (chicken, beef, vegetable) | SODA (including dark soda) | POPSICLES (no pulp) |

2. **ALL OTHER PATIENTS:** You may eat a normal diet until midnight. Only clear liquids after midnight.

THE DAY OF YOUR PROCEDURE:

1. Clear liquids only from midnight until 4 hours prior to your procedure. **NOTHING AT ALL IN YOUR MOUTH 4 HOURS PRIOR TO YOUR PROCEDURE INCLUDING GUM, WATER, HARD CANDY, TOBACCO, OR SMOKING.**

****You will need to bring a driver, a list of medications, driver's license or photo ID, insurance card(s), and any co-pay that is required. If you have any questions, please call 573-449-3500.****