



Procedure Reminders

Upper Endoscopy (EGD)

Appointment Date: _____ **Arrival Time:** _____

Your **arrival time is 45 minutes prior to your procedure time.** This allows time for check-in, health history review, and pre-procedure evaluation. Please be aware that we may contact you in the days leading up to your procedure, as your arrival time may be subject to change.

Follow all instructions carefully, as improper preparation may result in your procedure being rescheduled. Contact our office at **(336) 448-2427 (option 6, then option 2)** if you have any questions about your prep or if there are any changes in your medical history between the day of scheduling and the appointment date.

- **Transportation:** Due to the sedation you will receive, someone at least 18 years of age MUST bring you to your appointment and drive you home afterwards. A taxi, bus, Uber, Lyft, or similar service is NOT an acceptable form of transportation. If you arrive without a driver, your procedure will be rescheduled. If you have questions about whether a method of transportation is acceptable, please contact our office.
- **Alcohol Consumption:** Do not consume any alcohol during your procedure preparation.
- **Jewelry/valuables:** We do not provide a secure area for these items.
- **Medications:** Take necessary medications at least 4 hours prior to your arrival time with a small sip of water.
 - **Diabetes and Weight Loss Medications:** Stop taking the below medication for the recommended time period prior to your procedure. For injectable diabetic medication not listed below, contact the prescribing physician regarding instructions for the day before and the day of the procedure. **DO NOT TAKE oral diabetic medication the day of the procedure.**

Do not take any of these the day of procedure:	Stop any of these 1 week prior to procedure:
Adlyxin (Lixisenatide) Daily	Bydureon BCise (Exenatide ER) Weekly
Byetta (Exenatide IR) Daily	Ozempic, Wegovy (Semaglutide) Weekly
Rybelsus (Semaglutide) Daily	Mounjaro Weekly
Saxenda (Liraglutide) Daily	Phentermine Weekly
Victoza (Liraglutide) Daily	Trulicity (Dulaglutide) Weekly
	Zepbound Weekly

- **Blood Pressure Medications:** DO NOT SKIP any doses of your blood pressure medication.
- **Inhalers and Nebulizers:** May be used up to the time of your procedure.
- **Blood Thinners:** Using the checkboxes below, your provider will indicate whether your blood thinner schedule should be adjusted. If you are on blood thinning medication and no box is checked, please ask your provider. If you do not take a blood thinning medication, you may disregard.

Take blood thinner as usual

Stop taking blood thinner prior to procedure (see specific instructions below):

If it was recommended that you stop taking your blood thinner, please contact the physician who prescribes this medication for you to make sure it is okay to stop taking it for the recommended time (listed below) prior to your procedure. You may remain on aspirin unless otherwise instructed. If you are on a blood thinner that is not listed, please contact the prescribing physician for instructions.

Aggrenox/Plavix: 5-7 days	Pletal/Persantine: 48 hours
Arixtra: 24 hours	Pradaxa: 48 hours
Brilinta/Coumadin/Jantoven: 5 days	Savaysa: 1-3 days
Effient: 7 days	Xarelto: 24-48 hours
Eliquis: 48 hours	



Upper Endoscopy (EGD) Patient Preparation Instructions

Instructions for your appointment:

- ✓ **The entire day before your procedure (starting at 12:01am):**
DO NOT consume any solid foods. You may have full or clear liquids only.

This may include protein shakes, pudding, apple sauce, milk shakes, water, soft drinks, coffee, tea, popsicles, broth/bouillon, Jell-O, juice, etc. DO NOT consume anything red in color.

- ✓ **The day of your procedure (starting at 12:01am):**
ABSOLUTELY NOTHING ELSE BY MOUTH AFTER THIS TIME! (This includes water.)

Frequently Asked Questions:

Can I brush my teeth the morning of my procedure?

Yes, but do not swallow any liquid.

Can I have mints, hard candy, or gum the morning of my procedure?

No, as they can stimulate gastric juices.

I have additional questions. Who can I talk to?

Contact our prep team at **(336) 448-2427 (option 6, then option 2)** if you have questions or concerns.