



Patient Name: _____ Date of Birth: _____

Procedure Date: _____ Procedure Time: _____

Physician: _____ Arrival Time: _____

Procedure Location: _____

UPPER ENDOSCOPY (EGD) INSTRUCTIONS

THE WEEK BEFORE YOUR PROCEDURE

Confirm your transportation-Patients cannot drive a vehicle for the remainder of the day after their procedure. A responsible adult must be with you to drive you home or if using any ride service.

THE DAY BEFORE YOUR PROCEDURE

- You must ensure that your stomach is empty. Therefore, stop eating any solid food after midnight prior to your procedure. After midnight You may only drink clear liquids.
- Clear liquids include water, clear sodas, soup broth, Gatorade or Powerade, apple juice or white grape juice, lemonade, and coffee or tea (without milk, cream, or non-dairy creamer).
- **IF you have a history or suspected gastroparesis (slow emptying of stomach):** Stop eating solid food after 12:00 pm noon the day before your procedure and switch to clear liquids only.

THE DAY OF YOUR PROCEDURE

- No solid food until after your procedure.
- You may have clear liquids only until 3 hours before your arrival time.

You must STOP drinking all liquids 3 hours before your procedure time. In the 3 hours before your procedure, you must have nothing by mouth (no gum, hard candy, smoking/vaping, or even sips of water).

MEDICATIONS

If you use an inhaler, please bring it with you to the procedure.

BLOOD PRESSURE: If you take medication in the morning, take it with a small sip of water no later than 3 hours before your procedure.

DIABETICS: If you are **DIABETIC** do not take your oral diabetes medicines on the day of the procedure. If you take insulin, do not take it in the morning of the procedure, but bring it with you. If you take a GLP-1 agonist (Ozempic, Wegovy, Trulicity, Victoza, Rybelsus, Semaglutide) it must be stopped for 1 week prior to the procedure if you take it weekly, and for 1 day if you take daily. Contact your prescriber for specific advice on how to manage your blood sugar while you are not taking these medications.

PRESCRIPTION WEIGHT LOSS MEDICATION: Phentermine must be held for 7 days prior to the procedure due to the risk of severe anesthesia complications. If you take a GLP-1 agonist (Ozempic, Wegovy, Trulicity, Victoza, Rybelsus, Semaglutide) it must be stopped for 1 week prior to the procedure if you take it weekly, and for 1 day if you take daily.

PRESCRIPTION BLOOD THINNER: Blood thinners may need to be temporarily discontinued prior to your procedure. The timing depends on which medication you take and why. Do not stop these medications without discussing with your prescribing provider. Your physician will instruct you regarding restarting these medications after your procedure.

OTHER INSTRUCTIONS

Please stop all tobacco use, alcohol use, or other recreational drug use for at least 24 hours before your procedure.

Please remove all oral jewelry, such as tongue or lip rings, prior to the procedure.

Please contact us if you were diagnosed with a new medical condition, have any upcoming cardiac testing, started taking new medications, been recently hospitalized or visited the emergency room, have new symptoms related to chest pain or difficulty breathing, or have new flu-like symptoms such as fever, cough, or congestion.

CANCELLATION POLICY

Cancellations less than 3 business days in advance will be treated as a missed appointment and subject to a \$200 fee.

SPECIAL INSTRUCTIONS FROM YOUR HEALTHCARE PROVIDER:
