

Gastroenterology procedure prep instructions: EGD

Please follow these directions carefully. Disregard the instructions included with your prescription.

One week before your appointment	<input type="checkbox"/> Ensure that you have an adult, 18 years or older, to bring you home. You may not use a taxi, medical cab or rideshare service unless you have someone to accompany you. <input type="checkbox"/> Check your medications. If you are taking a blood thinner, please contact our office at 765.439.6942; option 2. You may need to leave a message
One day before your appointment	<input type="checkbox"/> You should adhere to your usual diet today.
At midnight the night before your procedure	<input type="checkbox"/> The night before your procedure, DO NOT eat or drink anything after midnight.
Day of your appointment	
Do not consume any other food or drink other than what is required for your prep today.	
Morning of your procedure	<input type="checkbox"/> No gum, hard candy, or mints you may brush your teeth but do not swallow. No smoking tobacco, marijuana, use of e-cigarettes or chewing tobacco the day of the procedure.

Please read the following list of medication restrictions

If you do not see your medication listed below, please contact your prescribing physician.

- If you have had a **heart stent** placed within the last twelve (12) months, please call: 765.349.6942; option 2.
- If you are on **any type of blood thinner** (Plavix, Eliquis, and Xarelto are some of the most common), you will need special instructions to adjust the dose before your procedure. If you have not already received these instructions, call our office at 765.439.6942; option 2.
- Aspirin - If you are taking aspirin, you may continue to take it.
- You may take your usual heart or blood pressure pills up until the time of your procedure.
- **Joint replacement (in the past six months), Vascular graft (in the past year)** - You may need antibiotics before your procedure. Please contact the physician who performed the joint replacement or vascular graft to determine if this is required.
- If you are **diabetic** (taking insulin or pills), you will need to contact the physician who manages those medications. They may need to adjust the dosing while you are prepping and on the day of your exam. If your blood sugar is above 350 the morning of your procedure, please call the facility that you are scheduled with to speak with a nurse. Our physicians reserve the right to cancel your procedure for your safety.
- **Seven (7) days prior - STOP** any GLP1/weight loss medications or supplements. If you are taking any weight loss medications or supplements (Phentermine, Adipex P, Lomaira, Ozempic, Wegovy, Mounjaro, etc.), stop taking these seven days prior.
- **Five (5) days prior - STOP** all herbal, vitamins, oral iron supplements, chia, or flax seed/Omega 3 fish oil supplements.
- **Two (2) days prior - STOP** anti-inflammatory medications (Motrin, Advil, Ibuprofen, Aleve, Naproxen, Mobic, Meloxicam, etc.)
- **Stop** any CBD or hemp oil **24 hours before** the procedure.
- Do **NOT** take any **SLEEPING MEDICATION**, including melatonin after midnight the night before your procedure. If holding these medications is a concern, please discuss with the pre-op nurse when you are called.
- Do **NOT** take any **PAIN MEDICATION** 4 hours prior to procedure. If holding these medications is a concern, please discuss with the pre-op nurse when you are called.

