

# Western Carolina Digestive Consultants

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## Esophagogastroduodenoscopy (EGD) Prep Instructions

### **14 DAYS PRIOR --- HOLD PHENTERMINE**

### **8 DAYS PRIOR**

The following medications should be stopped 8 days prior to your procedure:

- Trulicity
- Ozempic
- Mounjaro
- Saxenda
- Rybelsus
- Wegovy
- Zepbound

**\*\*STOP ANY WEEKLY INJECTABLE MEDICATIONS FOR DIABETES OR WEIGHT LOSS\*\***

### **7 DAYS PRIOR**

- The following medications should be stopped 7 days prior to your procedure
- Aspirin      · Meloxicam      · Motrin
- Ibuprofen      · Advil      · BC Goody Powder
- Aleve      · Naproxen
- Diclofenac
- Vazalore

### **5 DAYS PRIOR**

- The following medications should be stopped 5 days prior to your procedure
- Plavix      · Warfarin
- Coumadin
- Brilinta
- Prasugrel

### **4 DAYS PRIOR**

- Confirm your ride
- You must have a responsible adult to accompany you to your appointment
- Riding the Transit is not an acceptable alternative

### **3 DAYS PRIOR**

- The following medications should be stopped 3 days prior to your procedure
- Xarelto
- Pradaxa
- Eliquis

## **2 DAYS PRIOR**

- Cancellations
- If you will not be able to make your appointment, please call to avoid a cancellation fee
- Hydrate
- Try to drink at least 4-6 8oz. glasses of water or clear liquids throughout the day to stay hydrated for your IV on the day of your appointment

## **1 DAY PRIOR**

- Diabetic Patients
- If you take oral diabetic medications: you may take your morning dose, but skip the evening dose
- If you use insulin: you may have the morning dose, but skip the evening dose
- Monitor your blood sugar as you normally would throughout the day
- Hydrate
- Try to drink at least 4-6 8oz. glasses of water or clear liquids throughout the day to stay hydrated for your IV on the day of your appointment
- Food and Drink Intake
- You can eat and drink regularly until midnight
- Nothing else to eat or drink after midnight until after your procedure is over tomorrow

## **PROCEDURE DAY**

- Early Morning
- Take your usual prescribed heart medication/blood pressure medication (\*\*this does not include blood thinners) with a sip of water if applicable
- DO NOT RESTART ANY BLOOD THINNERS UNTIL YOU ARE INSTRUCTED TO POST-OPERATIVELY
- Diabetic Patients
- Do not take any diabetic medications (oral or insulin) until after your procedure
- You may have clear liquids up until **4 hours prior to your arrival time**. After the 4 hour mark, **nothing by mouth** (no gum, ice chips, mints, smokeless tobacco, etc).

**\*No Tobacco Products 6 hours prior to your arrival time\*\***

**You are scheduled for a:**    EGD

**At:**    Endoscopy Center    Angel Medical Center    Harris Regional Hospital

**With:**    Dr. Philip Stack    Dr. Charles Barrier    Dr. Philip Tanner    Dr. Randall Savell

**Date/Estimated Arrival Time:** \_\_\_\_\_

\*\*Please initial that you understand your prep instructions:

\_\_\_\_\_ / \_\_\_\_\_ (staff)