

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
- Soliqua
- Semaglutide
- Tirzepatide

CONFIRMATION: About a week before your procedure, a staff member will call to confirm your appointment.

- If a message is left, please return our call at your earliest convenience. This call will provide you with your final arrival time. *We ask that you go by the arrival time during your confirmation call and NOT the estimated time on this form.
 - Failure to confirm your appointment may result in your appointment being moved to the end of the day.

****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- unless you have a responsible adult to ride with you.
- ****STOP THESE MEDS:**
 - Daily GLP-1 Agonist (oral or injectable)
 - Soliqua
 - Rybelsus
 - Saxenda
 - Any other GLP-1 meds that are taken daily

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
- No solid food after midnight, only clear liquids until 4 hours prior to arrival time.

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: _____

****The Doctor and arrival time are subject to change based on provider schedules****

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

_____ / _____ (staff)