

## **PATIENT INSTRUCTIONS – UPPER EGD:**

### **2 WEEKS BEFORE PROCEDURE**

- Discontinue all DIET PILLS and APPETITE SUPPRESSANTS (Phentermine or Phendimetrazine) – please inform staff if you are taking these types of medication. **This is for your safety under anesthesia.**

### **7 DAYS BEFORE PROCEDURE**

- Discontinue all Oral Iron Supplements.
- Discontinue use of Glp-1 agonists (including but not limited to: Ozempic, Trulicity, Wegovy, Mounjaro, Zepbound, - all compounded semaglutide and tirzepatide medications)

### **3 DAYS BEFORE PROCEDURE**

- If you are taking Blood Thinners, contact the prescribing provider for instructions.
- Discontinue all Herbal supplements, Vitamins, Anti-inflammatories (Advil, Motrin, Ibuprofen, Aleve). **It is okay to take Tylenol.**
- Avoid all Seeds, Beans, Peas, Corn, Popcorn and Grapes.

### **AFTER MIDNIGHT**

**NOTHING BY MOUTH AFTER MIDNIGHT.**  
**NO SMOKING, CHEWING TOBACCO, or ANY TOBACCO PRODUCTS.**  
**NO water, coffee, gum, mints, candy or cough drops.**

### **DAY OF PROCEDURE**

You May take your approved prescribed morning medications with small sips of water. (These include cardiac meds, blood pressure meds, anti-seizure meds, & anti-rejection meds).

**Exact arrival times will be given the day before your procedure.** Arrival Time is 30 – 45 minutes before your procedure time and is subject to change within a 4 hour window. Your driver MUST arrive and remain with you.

### **IMPORTANT TIPS:**

1. **You MUST have someone to drive you home. Your driver should be prepared to remain in the waiting area or in their vehicle during your procedure.**

### **COMMON CANCELLATION REASONS:**

- No Driver (no UBER or ride-shares allowed)
- Drinking fluids within 4 hours of procedure time.
- Smoking or using tobacco products the day of procedure.
- Taking Diet Meds within 2 weeks of procedure

## MEDICAL CONDITIONS:

If you are affected by any of the conditions or medications listed below, please follow these Instructions:

DIABETES	<p><b>ORAL MEDICATIONS:</b> On the day PRIOR to your procedure take your morning doses as usual. Do NOT take your evening dose the day prior to your procedure. Do NOT take your diabetic medications on the morning of your procedure.</p> <p><b>INSULIN:</b> On the day PRIOR to your procedure take your morning dose of insulin as usual. On the evening prior to your procedure take only half of the regular evening dose of insulin. <b><u>Do NOT take your insulin the morning of your procedure.</u></b></p> <p>Check your blood sugar frequently while taking the prep solution and the morning of your procedure. If you develop symptoms associated with an abnormally low blood sugar please contact the doctor at (979) 776-4600.</p>
ASPIRIN	If you are taking aspirin PRESCRIBED by your MD, please continue to take it. If you are taking aspirin on your own, please stop taking aspirin 5 days before your procedure.
COUMADIN, PLAVIX, ELIQUIS, XARELTO OR OTHER BLOOD THINNERS	Ask the physician who prescribed your medicine how to take it before and after your procedure. If you cannot contact your physician, call us several days before your procedure.

**If you do not hear from the Facility your procedure is scheduled at, please reach out to them the day before your procedure.**

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**PROCEDURES CANCELLED LESS THAN 72 HOURS IN ADVANCE WILL BE SUBJECT TO A \$200 CANCELLATION FEE.**