

# EGD

## Upper GI Endoscopy

PATIENT NAME

PATIENT ID

DOCTOR

Date:

Check-in Time:

☐ AM ☐ PM

### **This exam requires careful preparation!**

**Read through these instructions carefully at least 7 days prior to your procedure.  
Call office at 601-355-1234 with questions.**

☐ Location:

#### **Notify the office, as soon as possible at (601) 355-1234:**

- If you have had any changes in your medical history or medications, and/ or you have recently been in the hospital or emergency department since you scheduled your procedure.  
If you take blood-thinner medication (like Plavix, Eliquis, Xarelto, Coumadin) and difficulty swallowing and have not received special instructions\* on when to hold your blood thinner prior to EGD.
- If you take GLP-1 medications (such as Semaglutide [Ozempic, Rybelsus, Wegovy]; Tirzepatide [Mounjaro/ Zepbound]; Liraglutide [Saxenda/Victoza]), start a clear liquid diet the morning **PRIOR** to your EGD.
- If you have fever or any symptoms of the flu, COVID, or other respiratory infections within two weeks of your procedure or if you have been exposed to someone who has had the flu or COVID.  
If you must cancel your procedure. There will be a fee of \$150.00 if not cancelled at least 48 hours in advance.

#### **IMPORTANT**

**1. Responsible Adult** - You will be given medication to make you sleepy. You must have a responsible adult, 18 years of age or older, to drive you home. In the event the driver is a licensed minor, a secondary adult must be available to sign the discharge paperwork.

**2. Blood Thinners** - The most common of these include but are not limited to:

Arixtra (fondaparinux)	Effient (prasugrel)	Lovenox (enoxaparin sodium)	Pradaxa (dabigatran)
Brilinta (ticagrelor)	Eliquis (apixaban)	Miradon (anisindione)	Ticlid (ticlopidine HCL)
Coumadin (warfarin)	Heparin	Plavix (clopidogrel)	Xarelto (rivaroxaban)

These medications can increase your risk for bleeding and will need to be temporarily held in the days before your procedure. There may be risk involved in stopping your blood thinner medication, even temporarily. **Please discuss with your prescribing physician if you have any questions or concerns about holding your blood thinner as directed. Directions, if indicated, are located on the prep instructions.**

\* Special Instructions on when to hold your blood thinner prior to your EGD:

☐ You are taking \_\_\_\_\_. You should take the last dose on \_\_\_\_\_

**If you have gastroparesis or take GLP-1 medications (such as Semaglutide [Ozempic, Rybelsus], Tirzepatide [Mounjaro, Zepbound], Liraglutide [Saxenda, Victoza]).**

#### **ONE DAY BEFORE your EGD, start a clear liquid diet only—absolutely no solid food.**

- Clear liquids include water, clear juice, black coffee, tea, broth, Jello, soft drinks, and popsicles (nothing red, no dairy products, no orange juice, no alcohol).

#### **THE DAY OF your procedure, clear liquids only! Absolutely No Solid Food.**

- Clear liquids include water, clear juice, black coffee, tea, broth, Jello, soft drinks, and popsicles (nothing red, no dairy products, no orange juice, no alcohol).
  - **Take** blood pressure, heart, and seizure medication(s) at least 3 hours before your arrival time.
  - **Use** respiratory inhalers, as directed, on the day of your procedure and bring inhaler(s) with you.
  - **DO NOT take** your diabetic medications (pills and/or insulin). If on an insulin pump, continue just basal rate.
  - **Bring** your medication list with dose and strength, insurance card(s), and identification or driver's license.
  - **DO NOT** wear jewelry/watch or bring valuables. We are not responsible for broken or lost items.
- \_\_\_\_\_ (3 hours before arriving) **NOTHING to EAT or DRINK! NOT EVEN A SIP OF WATER!** If you drink anything during this time, your procedure may have to be rescheduled.

