

## Prep Instructions for Afternoon EGD

**Please review this entire document.** These instructions are your physician's specific instructions. Follow all steps carefully to ensure a successful prep and procedure. *If you are or may be pregnant, please discuss the risks and benefits of this procedure with your provider.* **Questions?** Call 913-495-9600

### 10 Days

before your procedure

**Review and start following all MEDICATION GUIDELINES included in this document.**

- Consult with your prescribing physician before discontinuing any blood thinners, anticoagulants and /or diabetic and weight loss medications.

### 7 Days

before your procedure

**Stop taking prescription blood thinners and weight loss medications as described in the MEDICATION GUIDELINES included in this document.** If these medications are not stopped, your procedure will have to be rescheduled.

### 1 Day

before your procedure

- Take medications as usual unless directed otherwise.
- You will be sedated for this procedure. **CONFIRM** arrangements with your friend/family member adult driver (18yrs+). Uber, Lyft, other ride share services and taxis are not acceptable forms of transportation.

### The Day

of your procedure

**Maintain a clear liquid diet from midnight until 4 hours prior to your procedure time.**

#### Clear liquids include:

- Water
- Coffee or Tea without milk or cream
- Clear fruit juices such as apple or white grape
- Popsicles (no red, blue or purple)
- Bouillon or clear broth
- Gatorade, Powerade, Propel, etc. (no red, blue or purple)
- Jell-O (no red, blue or purple)
- Soda such as Coke, Pepsi, Sprite, etc.

**★ 4 Hours prior to procedure: Absolutely nothing by mouth until after your procedure.**

- No eating, drinking (including water), smoking, vaping or chewing tobacco.
- No gum, mints or hard candy.
- You may brush your teeth, but do not swallow.
- If you take a blood pressure or anti-seizure medication that must be taken the day of the procedure, you may take the medication with a small sip of water **at least 4 hours before your procedure time.**
- You may resume any other medications after the procedure is complete.

## Medication Guidelines

**IMPORTANT:** Please carefully review this medication list and consult your prescribing provider before discontinuing any blood thinners/anticoagulants or diabetic medications. DO NOT make up or double up on any missed medications after your procedure.

	7 DAYS BEFORE PROCEDURE	5 DAYS BEFORE PROCEDURE	4 DAYS BEFORE PROCEDURE	3 DAYS BEFORE PROCEDURE	2 DAYS BEFORE PROCEDURE	1 DAY BEFORE PROCEDURE	DAY OF PROCEDURE
<b>Blood Thinners / Anticoagulants</b>							
Coumadin (warfarin) Plavix (clopidogrel) Effient (prasugrel)	TAKE AS PRESCRIBED	<b>DO NOT TAKE</b>					
Brilinta (ticagrelor)	TAKE AS PRESCRIBED			<b>DO NOT TAKE</b>			
Aggrenox Arixtra (fondaparinux) Eliquis (apixaban) Persantine (dipyridamole) Pletal (cilostazol) Savaysa (edoxaban) Xarelto (rivaroxaban) Pradaxa (dabigatran)	TAKE AS PRESCRIBED			<b>DO NOT TAKE</b>			
<b>Weight Loss &amp; Diabetic Medications</b>							
Phentermine (all brands) Mounjaro (tirzepatide) Ozempic (semaglutide) Trulicity (dulaglutide) Wegovy (semaglutide) Zepbound (tirzepatide)	<b>DO NOT TAKE</b>						
<b>Vitamins &amp; Supplements</b>							
Fish Oil Iron Multivitamins St. John's Wart Vitamin E All other Vitamins & Supplements	TAKE AS PRESCRIBED	<b>DO NOT TAKE</b>					
<b>Pain Relievers</b>							
Aspirin (ASA) Tylenol (acetaminophen)	Can continue taking until the day of procedure						<b>DO NOT TAKE</b>
NSAIDs (Advil, Aleve, ibuprofen, naproxen, diclofenac, meloxicam)	Can continue taking in small doses until day of procedure						