EGD Prep Instruction

STEP 1 — 5-7 DAYS BEFORE PROCEDURE

- Arrange for a driver on the day of your procedure.
- Aspirin can be continued as usual.
- **STOP BLOOD THINNERS:** If you take medications used to thin your blood. Coumadin (warfarin), Plavix (clopidogrel), Xarelto (rivaroxaban), Pradaxa (dabigatran) and Aggrenox. **Please check with the doctor who prescribes this medication for instructions on holding it prior to your procedure.
- If you take any GLP-1 medications such as Ozempic, Wegovy, Mounjaro, Zepbound, etc., hold for one (1) week prior to your procedure.

STEP 2 — 3 DAYS BEFORE PROCEDURE

- Confirm you have a driver on procedure day. You cannot take a taxi, Uber, Lyft unless accompanied by another adult.
- If you received paperwork and/or a portal invite from the office (myohiogi.com), please complete prior to your procedure.

STEP 3 — 1 DAYS BEFORE PROCEDURE

- You may have your normal diet.
- Confirm that you have a driver for the day of your procedure.
- What to bring with you:
  - Photo ID
  - Insurance Card(s)
  - Current List of Medications

****YOU MAY DRINK CLEAR LIQUIDS UNTIL MIDNIGHT****

STEP 4 — DAY OF PROCEDURE (AFTER MIDNIGHT)

DO NOT EAT ANY SOLID FOOD TODAY PRIOR TO YOUR PROCEDURE.

- If your procedure is **BEFORE NOON:** Do NOT have anything to eat or drink before your exam.
- If your procedure is **AFTER NOON:** Your may have clear liquids ONLY (see approved list on the back), up to 4 hours before your procedure.
- You may take essential morning medications with a few small sips of water, but it must be a least 4 hours before your procedure.
- Nothing by mouth 4 hours before your procedure including; gum, tobacco products, mints, and hard candy.
- **DIABETICS:** Do NOT take oral medications including Januvia, Diabeta, Glucophage or Metformin. You may resume medication after your procedure.
  - If your procedure is **AFTER NOON,** you are allowed clear liquids up to 4 hours before your procedure.
    - Take 1/2 your regular insulin dose
  - You must check your blood sugar before leaving home. If your level is ABOVE 300, please take regular dose of insulin based on your sliding scale.
  - Please bring your insulin with you to the procedure center.

If you have any preparation issues or questions, please contact:

The Gastroenterology Group (330) 869-0954 or tggakron.com

TGG
THE GASTROENTEROLOGY GROUP

An Endoscopy (EGD) has been recommended to you. This examination involves guiding a tubular, flexible instrument through your mouth and into your esophagus, stomach, and first portion of your small intestine.

CLEAR LIQUIDS - No RED or PURPLE

Must be something you can see through...



- Gatorade or PowerAde
- Clear broth or bouillon - chicken or beef
- Coffee or Tea *(no milk or non-dairy creamer)*
- Carbonated and Non-Carbonated Soft Drinks
- Kool-Aid or Crystal Light
- Strained Fruit Juices *(no pulp)*
- Jell-O, Popsicles, or Italian Ice

DON'T FORGET - these liquids are **NOT ALLOWED**!



- Milk or milkshakes
- Cream or non-dairy creamer
- Orange, Grapefruit or Tomato Juice

REMEMBER TO BRING:

- **A Responsible Driver**
- **Current Insurance Card(s)**
- **A Photo ID**