



## EGD INSTRUCTIONS

**IMPORTANT: For your safety, YOUR PROCEDURE WILL BE CANCELLED if these instructions are not followed.**

Please read these instructions carefully at least 14 days before your EGD to ensure you are well prepared.

### Medication Adjustments:

- ❖ You will continue your blood pressure, heart medications, inhalers, and aspirin.
- ❖ If you take GLP-1 agonist medications such as *Ozempic®*, *Mounjaro®*, *Trulicity®*, *Victoza®*, etc., you must stop 7 days prior to the procedure for weekly injectables; if you take it daily, please stop 1 day prior.
- ❖ If you take diabetes medication:
  - Take oral medication as prescribed.
  - **Insulin:** Please take  $\frac{1}{2}$  the baseline insulin dose the night before and in the morning of your procedure. Monitor your blood sugar in the morning of your exam and contact your PCP for further questions.
- ❖ If you take blood thinners, such as *Rivaroxaban (Xarelto®)*, *Apixaban (Eliquis®)*, *Warfarin (Coumadin®)*, *Clopidogrel (Plavix®)*, or other similar medicines, please contact your prescribing provider for instructions on when to stop them.
- ❖ If you take iron pills, stop 5 days before.

### Day Before Your Exam

- Do not eat any solid foods after 8:00 PM.
- Do not drink anything after MIDNIGHT.

### Day of Your Exam

- If your procedure is scheduled at 2:00 PM or later, you may have clear liquids until 8:00 AM. After that, nothing by mouth.
- Take your heart, blood pressure, seizure medications, inhalers, and aspirin as prescribed. Take them with a small amount of water at least 2 hours before your arrival time.
- NOTHING BY MOUTH FROM NOW ON, NO GUM, MINT, WATER, OR TABACCO PRODUCT.
- For women of reproductive age, a pregnancy test is required before the procedure. You will need to provide a urine sample after checking in.

### Bring Your Medication List

Please bring a complete medication list (name, dosage, frequency, last date taken) with you.

If you take heart, blood pressure, or seizure medications routinely, you may take them up to 3 hours before your procedure with a small amount of water.

### Plan for Your Recovery

You will receive anesthesia/sedation for this exam. You will not be allowed to drive or go back to work until the day after the procedure. You are not allowed to take a taxi, non-medical ride service, rideshare (Uber®), or leave the center alone.

**YOU MUST BE ACCOMPANIED BY A RESPONSIBLE ADULT WHO WILL STAY AND TRANSPORT YOU HOME FROM THE FACILITY. IF THEY ARE NOT ON SITE, YOUR PROCEDURE WILL BE CANCELLED.**

Please bring your insurance card(s) and photo ID with you the day of your procedure. Please remove all jewelry, including earrings and facial/oral piercings. Leave all valuables at home. If you must cancel this appointment, please give a 72-hour notice.

**If you have questions about your appointment or these instructions, contact Harford Endoscopy Center during business hours. You can reach us through our Klara text messaging system by dialing 443-785-5508 or 410-838-6345.**