

TRUE GUT GI HEALTH

EGD PREPARATION

Procedure Date: _____

Check-in Time ----- AM/PM

Procedure Time -----AM/PM

Please read the following instructions carefully at least one (1) week prior to your procedure.

•**DO NOT EAT ANY FOODS AFTER 10 PM THE DAY BEFORE YOUR PROCEDURE.**

▶ Start a Clear Liquid Diet at 10pm the night before your procedure.

▶ "Clear liquid diet" includes water, black coffee, unsweetened tea, Jell-O, Gatorade, clear sodas, clear fruit juices (no pulp), bouillon, broths.

▶ DO NOT have milk, creamer, alcohol, smoothies, protein shakes, chewing tobacco, ZYN, cigarettes, cough drops, gum, mints or candies on the day of your procedure.

▶ Failure to follow diet instructions may result in cancellation.

•Follow a clear liquid diet the day of your procedure.

▶ **STOP CLEAR LIQUIDS SIX (6) HOURS PRIOR TO YOUR PROCEDURE.**

▶ Exception, you may have water ONLY up to four (4) hours prior to your procedure.

•Take your usual morning medications (high blood pressure medication, etc.) at least four (4) hours before the procedure with a small sip of water.

•Arrange transportation home after procedure. Proper transportation will be verified at check-in.

▶ If you choose to take a taxi or Uber, you MUST be accompanied by a responsible adult.

SPECIAL CONSIDERATIONS:

Please contact our office immediately if you have any of the following medical conditions and have not discussed them with us:

•You take ANY medications that prevent your blood from clotting.

▶ I.E. Coumadin (Warfarin, Jantoven), Plavix, Pradaxa, Effient, Xarelto (Rivaroxaban)

•History of excessive bleeding during previous surgery or dental extraction.

•You are undergoing any medical workups related to chest pain or shortness of breath.

•GLP1(Glucagon-Like Peptide-1) -Weight Loss Medications (Trulicity, Bydureon, Byetta, Saxenda, Victoza, Adlyzin, Ozempic, Wegovy, Rybelsus).

- ▶ If GLP1 dose is daily, DO NOT take on day of procedure.
- ▶ If GLP1 dose is weekly, DO NOT if procedure is within 7 days.
- Phentermine should NOT be taken for 7 days prior to the procedure.

GENERAL INFORMATION:

- Bring all completed forms from your procedure packet.

Bring your insurance cards and a photo ID, such as a driver's license so that We may assist you in billing for our services.

- ▶ All co-pays, co-insurances, and deductibles are due at the time of service.

Please be prepared to pay these fees on the day of your procedure.

- YOU WILL NEED A RESPONSIBLE DRIVER TO TAKE YOU HOME. Due to

Procedural sedation given, you cannot drive for the remainder of the day.

- All rides must be at our office no later than 3:30 pm.

- Leave all jewelry and personal valuables at home.

- Bring any reading glasses and/or hearing aids to your procedure.

- Bring your inhalers if you use them.

- Contact Information: If you are coming from out of town or staying in a place

Other than your main residence, please call our office and leave the number where you will be staying in case, we need to contact you.

If you have any questions regarding your procedure or these instructions, please contact our office during regular business hours at 818-538-2562.