

EGD Prep Instructions

Put these instructions somewhere you can see them. Follow every step to get ready for your procedure. For more information, visit ohiogastro.com/egd-preparation/. Questions? Call (614) 754-5500 or visit ohiogastro.com.

Special Instructions

- If you take a **GLP-1 medicine** (like Ozempic, Wegovy, Mounjaro, or similar), do NOT take it for 7 days before your procedure. Call us if you took any during this time.
- If you take **blood thinner medicine**, keep taking it. However, if you take a blood thinner and you are having this procedure because you **have trouble swallowing or need to stretch a tight or narrow area (stricture dilation)**, call our office as soon as possible.
- If you have **diabetes**, call your primary care doctor to ask if you need to adjust your diabetes medicine before and on the day of your procedure. Check your blood sugar often during this time.

Preparing for Your EGD

- ☐ Arrange for a responsible adult to take you to and from your procedure, sign you out, and care for you afterward. **This is required. If we cannot confirm your responsible adult when you arrive, we will not provide sedation and may reschedule your procedure. For your safety, taxi, Uber, or public transportation may only be used if your responsible adult is with you.**
- ☐ Plan to be at the facility for at least 2 hours.

Day Before Your EGD

- ☐ Confirm your responsible adult will go with you to your procedure and care for you afterward.
- ☐ **11:59 p.m. - Start a clear liquid diet.** Have only clear liquids (like water, chicken broth, apple juice, popsicles, Jell-O, coffee, or soda). DO NOT have alcohol, creamers, or anything red. DO NOT eat any solid food.

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Prep Instructions Continued

Day of Your EGD

- ☐ For your safety, we recommend you do not smoke or vape, use marijuana or illicit drugs, or chew tobacco.
- ☐ Keep drinking clear liquids (no red coloring, alcohol, or creamers) until these instructions tell you to stop. DO NOT eat any solid food.
- ☐ Patients meeting our policy requirements must take a urine pregnancy test before procedures.
- ☐ **4 hours before arrival time** - Take your regular medicines with small sips of water.
- ☐ **4 hours before arrival time** - **STOP drinking water and clear liquids. DO NOT have anything by mouth before your arrival time. DO NOT eat, drink, chew gum, suck on hard candy, or use lozenges. If you do, your procedure will be delayed or canceled.**
- ☐ **1 hour before procedure time** - Arrive at the front desk where you will have your procedure so we can get you ready. Bring your insurance card, a photo ID, and a list of your medicines. Leave valuables at home (like cash, watch, and jewelry). Do not wear contact lenses.



Get more info at
ohiogastro.com/egd-preparation/