

## EGD PREP

To ensure the best possible results from your procedure, please follow these specific instructions from your physician.

### Non-medical prep questions:

- Call Gifthealth at - 833-614-4438 or e-mail them at [Care@gifthealth.com](mailto:Care@gifthealth.com).
- If you don't use Gifthealth, call clinic numbers listed above.

### Medical questions:

- During business hours (7:30 am to 5 pm), call clinic numbers listed above.
- During non-business hours (5 pm to 7:30 am) there is an on-call physician for urgent medical questions.

### Special Notes:

- If you are taking **blood thinner** medication such as Coumadin or Plavix and haven't spoken to a WAGI nurse, please contact the clinic.
- If you are taking a **GLP-1 medication** (Ozempic, etc.,) stop weekly doses at least 7 days before, or daily doses the day before, your procedure (unless instructed otherwise by our office). If you have concerns regarding this, please contact your primary care provider.
- If you have a **Pacemaker, an AICD, or any other implanted medical device (except the Inspire device)** and haven't spoken to a WAGI nurse, please contact the clinic.
- **If you have diabetes and are taking insulin**, consult your diabetes provider for the correct dosage to take on the day of your exam.

### Driver Confirmation & Instructions:

Your driver should plan to be on-site for 1-2 hours. Drivers may briefly leave the premises with reception's approval. For procedures starting after 3 PM, drivers must remain in the waiting room. Your procedure will be **rescheduled if you arrive without a driver, unless previously arranged**. If you require a taxi, ride-share, or medical transport, please schedule your procedure no later than 2 PM.

### 1 day before your procedure

- Adhere to your normal diet. **NO FOOD after midnight.**
- Unless advised to stop, take your regularly prescribed medications.

### Bring the following to your procedure:

- A responsible driver to take you home. **You will not be allowed to walk, take the bus, or drive home.**
- Insurance cards and photo ID.
- Your completed Patient Information Form (PIF) with your medications listed.
- Inhaler: if you use an inhaler, please bring it with you.
- Dentures, hearing aids, glasses: Please bring storage cases if you wear these items, as they may need to be removed during your procedure.

**See page 2 for instructions to follow the day of the procedure.**

## THE DAY OF YOUR PROCEDURE

Diet of clear liquids only. **NO SOLID FOOD!** Do not use marijuana (THC products) or alcohol.

### CLEAR LIQUID DIET

#### Avoid:

- Milk, dairy, creamer
- Juices with pulp
- **RED or PURPLE** items
- Alcohol

#### Approved:

- Soda, black coffee, tea, water
- Clear juices (no pulp), fitness waters
- Popsicles
- Low sodium chicken, vegetable, and beef broth
- Gelatin (e.g., Jell-O)



#### 3 hours prior to your procedure:

- **Do not drink fluids** or put anything in your mouth, including chewing tobacco, gum, lozenges, candy, or mints.
- Unless advised to stop, take your regularly prescribed medications, including blood pressure medication, at least 3 hours before your procedure with a small sip of water.

For your safety, a **driver must accompany you** home. You cannot drive, operate machinery, or work until the next day. Your procedure will be **rescheduled if you arrive without a driver, unless previously arranged**. If you require a taxi, ride-share, or medical transport your procedure **must** be scheduled no later than 2 pm.

**Weapons are prohibited. Leave valuables at home; we are not liable for lost personal items.**