

## 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.

## DAYS BEFORE YOUR PROCEDURE

### 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 are taking **SGLT2 Medications** (Jardiance, etc.), hold for 3 days prior to procedure. 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**, follow diabetic management instructions on page 4.

### 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. If you require a taxi, ride-share, or medical transport, please schedule your procedure no later than 2 PM.

### 7 days before your procedure

- Purchase items for the clear liquid diet (see page 2).

### 1 day before your procedure

- Eat your normal diet until midnight.
- **No food to eat after midnight.**

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

## THE DAY OF YOUR PROCEDURE

**Diet of clear liquids only. NO SOLID FOOD!**

**Do not use marijuana (THC products) or alcohol.**

**Drink clear liquids up until 3 hours prior to your procedure.**

Unless you are 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.

### 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 put anything in your mouth**, including gum, lozenges, candy, mints, or chewing tobacco.

#### **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.

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.**

## FREQUENTLY ASKED QUESTIONS

**I am diabetic and my blood sugar will go too low if I do not eat any solid foods, what should I do?** Please drink liquids with sugar the day of your procedure to maintain your blood sugar.

**Can I drink coffee on a clear liquid diet?** Yes, you can drink black coffee if it does not contain dairy or dairy substitute.

**Can I drink alcohol on a liquid diet?** No, alcohol is not permitted during the liquid diet.

**Why can't I eat or drink anything 3 hours before my procedure?** Our first concern is your health and safety. You will be given sedatives to help you relax during your procedure. These medications impact your body's ability to hold food and liquid in your stomach. If you have anything in your stomach, there is a risk that food or liquid will travel up into your airway, move into your lungs, and cause an obstruction or an infection in your lungs. Your procedure will be re-scheduled if you do not follow these instructions.

**Can I wear perfume/cologne to my procedure?** No, we are a fragrance-free facility.

**Is it okay to drink alcohol or take my sedative after my procedure?** No, you should avoid alcohol, sedatives, and marijuana (THC products) for 12 hours after your procedure.

## DIABETIC MANAGEMENT INSTRUCTIONS FOR ENDOSCOPY PROCEDURES

These are general guidelines. Please call the healthcare provider who manages your diabetes if you have an insulin pump or if you have specific questions or concerns.

- Diabetic patients should schedule appointments early in the day so you can eat afterwards and take your medications as close to the usual time as possible.
- For people with diabetes, any procedure that causes you to miss a meal will require special planning to safely manage your blood sugar. It is important to reduce your diabetes medications and monitor your blood sugar while you are preparing for your procedure. You should check your blood glucose before all meals and at bedtime on both the prep (if you are having a colonoscopy) and procedure days. Also, check your blood glucose anytime you have symptoms suggesting possible low or high blood glucose.

**For patients taking insulin:** We recommend taking half your usual dose on the day before your procedure. Check your blood sugar at the usual times during the day. If your reading would normally prompt you to take an additional dose of regular insulin, we would recommend taking half the amount you would normally take for that reading. Do not take any insulin on the morning of your procedure. After the procedure, you will be resuming a regular diet and can resume insulin according to your usual schedule at that time.

**For patients taking oral diabetes medications:** We recommend taking half your usual dose on the day before your procedure. Do not take any diabetes medications on the day of your procedure, until after the procedure is complete.

**For patients 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.

**For patients taking a SGLT2 Medication (Jardiance (Empagliflozin), Farxiga (Dapagliflozin), or Invokana (Canagliflozin):** hold for 3 days prior to your procedure (unless instructed otherwise by our office). If you have concerns regarding this, please contact your primary care provider.

### Clear liquid diet options:

- Aim for 45 g of carbohydrates at meals; 15-30 g of carbohydrate for snacks.
- Remember to avoid red and purple colored foods.
- Carbohydrate counts for various clear liquid options:
  - Apple juice (4 oz): 15 g
  - White grape juice (4 oz): 15 g
  - Sports drink such as Gatorade (8 oz): 14 g
  - Jell-O (1/2 cup regular sweetened): 15 g
  - Popsicle: 15 g of Sugar (1 teaspoon to sweeten coffee or tea): 4 g
- Clear liquid items without carbohydrates include: broth and other clear soups, diet soda, coffee (no milk or milk substitutes), tea, seltzer, and flavored water.