

Upper Endoscopy (EGD, Gastroscopy) Instructions

Communication

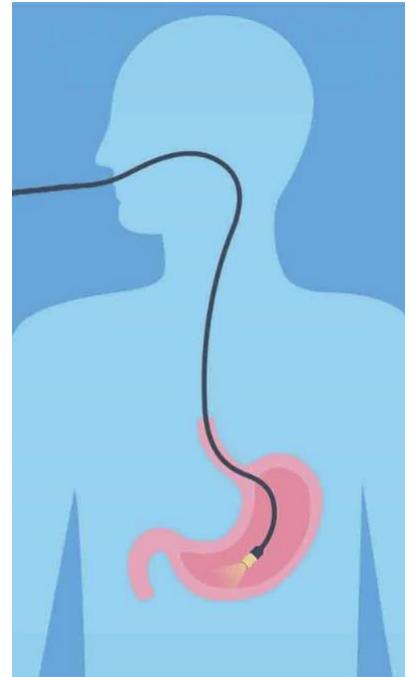
- Our office will contact you before your procedure.
- You'll receive links to complete your registration and health history online.
- Please complete these ahead of time to avoid delays when you arrive.

Eating and Drinking

- You may eat a normal diet the day before your procedure.
- Do not eat or drink anything after 10:00 PM the night before. This includes hard candy, throat lozenges, gum, and mints.

EXCEPT Special Instructions for Certain Medications

- If you take Wegovy, Ozempic, Mounjaro, Rybelsus, Trulicity, Byetta, or Victoza:
 - You must follow a clear liquid diet the day before your procedure (up until 10:00 PM).
 - Stop these medications: Weekly injections—stop 1 week before your procedure. Daily pills/injections—stop the day of your procedure.



What Counts as Clear Liquids?

- Water, tea, or plain coffee
- Clear juices, lemonade (from powder), Kool-Aid, Crystal Light
- Sports drinks like Gatorade, Powerade, or All-Sport
- Fat-free broth or bouillon
- Plain Jell-O (no fruit added), Italian ice, sorbet, popsicles (without fruit or milk)
- Avoid red, blue, and purple liquids
- No alcohol or marijuana on the day of your procedure

Other Medications

- Diabetes medications (metformin, Glucophage, glipizide, etc.): Do not take the evening before or the morning of your procedure.
- Insulin: Take ½ your usual dose the evening before. Do not take insulin the morning of your procedure. If you use an insulin pump, contact your endocrinologist for instructions.
- Heart or blood pressure medications: You may take these the morning of your procedure, at least 2 hours before, with a very small sip of water.
- Other medications: You can take them after your procedure.



Illness or Respiratory Symptoms

- If you have had COVID-19 or another respiratory illness within 30 days of your procedure, call our office.
- We may need to reschedule your procedure for safety.

Cancellations

- If you need to cancel or reschedule, please call us as soon as possible.
- Cancellations made less than 48 hours before your appointment may result in a \$50 fee.

What to Wear

- You will have to change into a patient gown before the examination. You should wear easy-off shoes and loose, comfortable, casual clothing that's easily removed and folded. Avoid tight-fitting garments. Please leave your jewelry, valuables, and high heels at home.
- Bring your insurance card and driver's license. Be prepared to pay copay or deductible if needed.
- Bring your asthma inhaler if you use one.
- NOTE: **Three Rivers Endoscopy Center** is not responsible for personal belongings that are lost, stolen, damaged, or left on the premises. Please leave your cell phone, headphones, etc., with your driver or leave them at home.

Driver Requirements

- Sedation will make this test painless, but you cannot drive yourself home after sedation.
- You will not be permitted to drive until the next day
- Your driver must meet the following requirements: Be at least 18 years old, stay on the premises for the **ENTIRE** procedure (approximately 2 hours), and be someone you know personally (ride-share services like Uber or Lyft are not allowed).
- If you would like your driver to speak with the doctor after your procedure, they must remain in the waiting room. Nurses cannot leave to track down drivers.
- Please let your driver know that we do not have vending machines. We provide coffee and a water fountain only.

Final Note

- Our priority is keeping you safe and comfortable. Please follow these instructions to ensure everything goes smoothly.

More Information

- More detailed information about this procedure can be found on our website www.gihealth.com under the "[Procedures and Preps](#)" tab.

Three Rivers Endoscopy Center

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