

EGD

Follow these instructions to prep for your procedure.
Tulsa VA Endoscopy Clinic M-F 0700-1530 (918) 252-8000 ext 29042 or 29043

If you have had cardiac stents placed within the last 12 months please call our clinic.

7 DAYS BEFORE YOUR EXAM:

STOP taking **blood thinners**: EFFIENT (Prasugrel); Brilinta (ticagrelor); PLAVIX (Clopidogrel).

STOP weight meds: (such as Ozempic, Mounjaro, Wegovy, and Phentermine).

5 DAYS BEFORE YOUR EXAM:

STOP taking **blood thinners** to include WARFARIN (Coumadin), Aspirin, any NSAIDS, to include: Ibuprofen, Advil, Naproxen, Meloxicam, Diclofenac.

STOP taking: FISH OIL, FIBER, OR IRON.

2 DAYS BEFORE YOUR EXAM:

STOP taking **blood thinners** to include Pradaxa (dabigatran); Xarelto (rivaroxaban); Eliquis (apixaban);

1 DAY BEFORE YOUR EXAM:

You may take your normally prescribed medications, **EXCEPT** for those mentioned above.

IF YOU ARE A DIABETIC:

HOLD EVENING DOSE OF ORAL DIABETIC MED(S)

ONLY TAKE ½ YOUR USUAL EVENING DOSE OF LONG ACTING INSULIN.

DO NOT TAKE SHORT ACTING INSULIN THE **NIGHT** BEFORE PROCEDURE OR THE **MORNING** OF.

Monitor your blood sugar to maintain a reading of 90 or higher. Drink apple juice, Gatorade, 7-Up, or Sprite to help maintain your blood sugar levels greater than 90.

DO NOT have dairy products, alcohol, or marijuana the day before your procedure or the morning of.

DO NOT have anything by mouth after MIDNIGHT, including **ALL** oral tobacco products, mints, chewing gum, etc.

THE MORNING OF YOUR EXAM:

If you take Blood Pressure meds and/or Seizure meds, take with just a sip of water.

DO NOT take any DIABETIC medications and **NO** insulin.

DO NOT have anything by mouth.

DO NOT use oral tobacco products, chewing gum, marijuana, mints, etc.

YOU MUST HAVE A LICENSED DRIVER WITH YOU. THE DRIVER IS REQUIRED TO REMAIN AT THE CLINIC UNTIL YOU ARE DISCHARGED. THEY CANNOT DROP YOU OFF AND LEAVE OR YOU WILL BE RESCHEDULED.