

**EGD PREP**

The following instructions are your physician’s specific instructions. Please follow these instructions carefully to ensure a successful prep.

You can reach Your Patient Advisor at **800.349.0285** | You can reach your physician’s office at **253.272.5127**

**Special Note:** If you are taking blood thinner medications, have a pacemaker or a defibrillator, and haven’t spoken to a WAGI nurse, please call our office.

If you are taking a GLP-1 medication (Ozempic, Trulicity, etc.), please hold your weekly or daily dose prior to your procedure. If you have concerns regarding this, please contact your primary care provider.

Seven (7) Days Prior to Procedure	Three (3) Days Prior to Procedure	One (1) Day Prior to Procedure	Day of Procedure
<p><b>Review your prep instructions thoroughly.</b></p> <p>If you are taking blood thinner medications, have a pacemaker or defibrillator, call our office and speak to a nurse.</p> <p>Continue your other medications.</p>	<p>If you are diabetic and taking insulin, consult your diabetes physician for the correct dosage to take on the day of your exam.</p> <p><b>YOU MUST ARRANGE A DRIVER WHO WILL STAY WITH YOU AND DRIVE YOU HOME.</b> Please inform your driver this will take about 2 hours.</p>	<p>You should adhere to your usual diet today.</p> <p><b>NO FOOD</b> to eat after midnight.</p> <p>You may drink clear liquids up until <b>3 hours</b> prior to your procedure.</p> <p><b>NO USE OF MARIJUANA</b> (THC products) 12 hours prior to your procedure.</p>	<p><b>NO FOOD</b> on the day of your procedure.</p> <p>Follow the <b>*Clear Liquid diet</b> instructions until 3 hours prior to your procedure.</p> <p>If you take daily medication, you may take it with <b>SMALL SIPS OF WATER ONLY</b>, at least <b>3 hours</b> before your procedure.</p> <p><b>3 HOURS PRIOR TO YOUR PROCEDURE</b>, nothing by mouth until after the procedure is complete.</p> <p>You may brush your teeth but do not swallow.</p> <p><b>DO NOT USE</b> chewing tobacco, gum, lozenges, candy or breath mints.</p>

**\*CLEAR LIQUID DIET DETAILS: NO RED OR PURPLE. NO DAIRY.**

**Approved**

- Sodas, black coffee, tea, water
- Clear juices (no pulp), fitness waters
- Popsicles
- Low sodium chicken, vegetable and beef broth
- Gelatin

**Avoid**

- No milk, dairy, creamer
- No juices with pulp
- No RED or PURPLE
- No food pieces

**THE DAY OF THE PROCEDURE**

- **NO FOOD** UNTIL AFTER YOUR PROCEDURE. Do not eat any food from midnight, the night before your procedure, until after your procedure is complete.
- You may drink clear liquids up until **3 hours** prior to your procedure. Follow the **\*Clear Liquid diet** instructions.
- If you take daily medication, you may take it with small sips of water only, at least 3 hours before your procedure.
- **3 hours** prior to your procedure, nothing by mouth until after the procedure is complete.
- You may brush your teeth, but do not swallow.
- **DO NOT USE MARIJUANA (THC products).**
- DO NOT USE chewing tobacco, gum, lozenges, candy or breath mints.
- Do not wear perfume or cologne.

**ON THE DAY OF YOUR EXAM, PLEASE BRING**

- **Insurance card(s)** - you will be asked to present your insurance card(s) at EVERY visit to our office.
- **Photo ID** - photo identification is now required by Federal Regulation to prevent identity theft - you will be asked to present photo identification at EVERY visit to our office.
- **Inhaler** - we ask that you bring your inhaler with you if you use one.
- **Patient Interview Form** - we ask that you complete this form, which is enclosed in this packet, and bring it with you to your appointment.

**Please remember a driver needs to check in with you on your procedure day to drive you home after your procedure and assist you with follow up care.** This takes approximately 2 hours. You will **not** be able to drive a car, operate any machinery or go to work until the following day.

*Failure to bring your completed forms, photo identification, insurance card(s), your co-payment, and a driver may result in your appointment being rescheduled.*

If you have any questions or concerns about the preparation, please contact Your Patient Advisor by calling 800.349.0285 or emailing [support@yourpatientadvisor.com](mailto:support@yourpatientadvisor.com).