

Prep Instructions for Morning EGD

Please review this entire document! These instructions are your physician's specific instructions. Follow all steps carefully to ensure a successful prep and procedure. *If you are or may be pregnant, please discuss the risks and benefits of this procedure with your provider.* **Questions?** Call 913-495-9600

10 Days

before your procedure

Review and start following all [MEDICATION GUIDELINES](#) included in this document.

- Consult with your prescribing physician before discontinuing any blood thinners, anticoagulants and /or diabetic and weight loss medications.

7 Days

before your procedure

Stop taking prescription blood thinners and weight loss medications as described in the [MEDICATION GUIDELINES](#) included in this document. If these medications are not stopped, your procedure will have to be rescheduled.

1 Day

before your procedure

- Take medications as usual unless directed otherwise.
- You will be sedated for this procedure. **CONFIRM** arrangements with your friend/family member adult driver (18yrs+). Uber, Lyft, other ride share services and taxis are not acceptable forms of transportation.

The Day

of your procedure

DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT.

- [Absolutely nothing by mouth until after your procedure.](#)
- No eating, drinking, smoking, vaping or chewing tobacco. No gum, mints or hard candy.
- You may brush your teeth, but do not swallow
- If you take a blood pressure or anti-seizure medication that must be taken the day of the procedure, you may take the medication with a small sip of water **at least 4 hours before your procedure time.**
- You may resume any other medications after the procedure is complete.

Medication Guidelines

IMPORTANT: Please carefully review this medication list and consult your prescribing provider before discontinuing any blood thinners/anticoagulants or diabetic medications. DO NOT make up or double up on any missed medications after your procedure.

| | 7 DAYS BEFORE PROCEDURE | 5 DAYS BEFORE PROCEDURE | 4 DAYS BEFORE PROCEDURE | 3 DAYS BEFORE PROCEDURE | 2 DAYS BEFORE PROCEDURE | 1 DAY BEFORE PROCEDURE | DAY OF PROCEDURE |
|---|---|-------------------------|-------------------------|-------------------------|-------------------------|------------------------|--------------------|
| Blood Thinners / Anticoagulants | | | | | | | |
| Coumadin (warfarin) Plavix (clopidogrel) Effient (prasugrel) | TAKE AS PRESCRIBED | DO NOT TAKE | | | | | |
| Brilinta (ticagrelor) | TAKE AS PRESCRIBED | | | DO NOT TAKE | | | |
| Aggrenox Arixtra (fondaparinux) Eliquis (apixaban) Persantine (dipyridamole) Pletal (cilostazol) Savaysa (edoxaban) Xarelto (rivaroxaban) Pradaxa (dabigatran) | TAKE AS PRESCRIBED | | | | DO NOT TAKE | | |
| Weight Loss & Diabetic Medications | | | | | | | |
| Phentermine (all brands) Mounjaro (tirzepatide) Ozempic (semaglutide) Trulicity (dulaglutide) Wegovy (semaglutide) Zepbound (tirzepatide) | DO NOT TAKE | | | | | | |
| Vitamins & Supplements | | | | | | | |
| Fish Oil Iron Multivitamins St. John's Wart Vitamin E All other Vitamins & Supplements | TAKE AS PRESCRIBED | DO NOT TAKE | | | | | |
| Pain Relievers | | | | | | | |
| Aspirin (ASA) Tylenol (acetaminophen) | Can continue taking until the day of procedure | | | | | | DO NOT TAKE |
| NSAIDs (Advil, Aleve, ibuprofen, naproxen, diclofenac, meloxicam) | Can continue taking in small doses until day of procedure | | | | | | |