



Upper Endoscopy (EGD) Prep Guide

You have been scheduled for an Upper Endoscopy (EGD)

Please read instructions in advance. If you have questions, please call Guthrie Cortland Gastroenterology office at 607-428-5700, option 3.

Thank you for choosing Guthrie!

Health Considerations

Medications and diagnoses

Patients on blood thinners

If you use Aggrenox, Arixtra, Brilinta, Effient, Pletal, Pradaxa, Ticlid, Xarelto, or any blood thinner (anticoagulant) or an anti-platelet drug, you need to stop taking these 5 days prior to procedure.

- **PLEASE SPEAK WITH YOUR PHYSICIAN WHO ORDERS THIS MEDICATION BEFORE STOPPING.**

If you use a blood thinner named Coumadin, Warfarin or Jantoven you will need special instructions about stopping this drug before the procedure. **Timing is very important!**

- If you are NOT followed by the Coumadin Clinic, please contact your physician who orders this for instructions.

Please note, Aspirin 81 mg does not need to be stopped prior to procedure. However, NSAIDS such as Advil, Ibuprofen, Aleve need to be held day of procedure.

Diabetic patients

- If you take a pill to lower your sugar, do not take it on the day of your procedure.
- If you are taking regular Insulin® or NPH, do not take it on the day of your procedure.

- If you are taking any other insulin preparation such as Lantus, Humalog, or 70/30 insulin: It is recommended you take a ½ dose the evening prior to your procedure and no dose the day of your procedure.
- We recommend you have products with and without sugar on hand at home to keep your blood glucose in balance during the preparation period.
- **Discuss with prescribing physician regarding additional recommendations.**
- You may have ONE person accompany you to your procedure.
- On the day of your procedure the doctor will only speak to you if there are significant findings, otherwise you will receive procedure results at your follow-up appointment or result letter.

Patients taking GLP-1 Receptor Agonists

- If you are taking medications such as Ozempic, Wegovy, Trulicity, Mounjaro, Saxenda, Rybelsus: Injectable form must be held for 1 week prior to your procedure and pill form must be held the day of the procedure.

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The day before your procedure:

- **NO SOLID FOOD AFTER MIDNIGHT PRIOR TO YOUR PROCEDURE.** You may drink **CLEAR LIQUIDS ONLY** up to 4 hours prior to your procedure (i.e. if procedure is at 2:00 pm, nothing to drink after 10:00 am)

Do Not drink any liquids that are red, blue or purple.

Clear liquid suggestions:

- Gatorade, Pedialyte or Powerade
- Coffee or tea without milk or creamer
- Carbonated and non-carbonated soft drinks
- Kool-Aid or other fruit flavored drinks
- Apple juice, white cranberry juice, white grape juice or pulp free juice
- Jell-O, popsicles, Italian ice
- Chicken, beef or vegetable broth
- Hard candies, sugar, honey

On the day of your procedure:

- You may take certain medications directed by clinical staff with a small sip of water.
- You may brush your teeth

YOU MUST HAVE A RIDE HOME AFTER YOUR PROCEDURE

Sedation requires that patients make transportation arrangements.

Please be aware that you will be receiving sedation for your procedure. It will limit what you can do after your procedure until the following day.

ALL ENDOSCOPY PROCEDURES MUST HAVE A DESIGNATED DRIVER

Due to sedation medication, it is unlawful to drive until the following day after a procedure and is considered driving under the influence of drugs (DUI), a punishable offense.

It is required that all endoscopy patients have a designated driver (18 years or older) available to drive the patient home after the procedure. You may not take public transportation unless accompanied by someone 18 year of age or older.

Procedure Information:

You may reschedule your endoscopy procedure **TWO** times. If you wish to reschedule your procedure for a third time you will be required to have another office consult to start the scheduling process over.

Questions or concerns regarding procedure and/or prep instructions please call 607-428-5700.

