

# EGD PREP

**These are your physician's specific instructions. Please follow them carefully to ensure a successful prep.**

If you have questions about your prep, please call our office or visit our website:

- <https://www.gigeorgia.com/prep/>
- You can reach your physician's office at: **678.741.5000**

**Special Notes:** If you have significant heart or lung problems, or other major health problems, please discuss this with the anesthetist at the center. Please contact them as soon as possible by calling your assigned center.

2550 Windy Hill Rd., Suite 302, Marietta (770-226-9070) | 118 Mill St., Suite 100, Woodstock (678-819-4281)  
880 Crestmark Dr., Suite 102, Lithia Springs (678-388-2040)

7 days prior to procedure	1 day prior to procedure	Day of procedure
<p><b>Review ALL prep instructions thoroughly.</b></p> <p><b>Please review your medications for any blood thinners (examples listed)</b> Plavix, Warfarin/Coumadin, Eliquis, Brilinta, Xarelto, Effient, Pradaxa, Aggrenox, and others. Please stop these as instructed. If you have not received instructions on managing these medications contact us immediately.</p> <p><b>STOP Taking 7 Days before exam:</b></p> <ul style="list-style-type: none"> <li>• Iron supplement/multivitamin with iron</li> <li>• GLP-1 medication for Diabetes/Weight Loss (includes Ozempic, Mounjaro, Trulicity, Zepbound, etc.)</li> <li>• Phentermine for weight loss</li> </ul> <p><b>STOP Taking 3 Days before exam:</b></p> <ul style="list-style-type: none"> <li>• SGLT-2i medications for Diabetes: Invokana, Farxiga, Jardiance, etc.</li> </ul> <p>These medications can affect the quality and safety of the procedure and sedation. Not following these instructions may lead to procedure delay or cancellation.</p>	<p>If you are taking <b>GLP-1 medications</b> for weight loss/diabetes (Ozempic, Mounjaro, Trulicity, etc.) then you must remain on a <b>CLEAR LIQUID DIET the ENTIRE day before your exam.</b></p> <p>If you are NOT on these medications, then you may eat normally the day before your exam but keep your evening meal light.</p> <p><b>STOP Taking 1 Day before exam:</b></p> <ul style="list-style-type: none"> <li>• CNS stimulant medications for ADHD: Adderall, Ritalin, Concerta, Vyvanse, etc.</li> </ul> <p><b>DO NOT EAT ANYTHING AFTER MIDNIGHT, until after the exam.</b></p> <p>If you are on <u>long-acting</u> insulin, take only a half the dose the evening before your procedure.</p> <p><b>Confirm you have a driver for exam. NO DRIVER means NO PROCEDURE!</b></p>	<p><b>NO SOLID FOOD</b>, but you may consume clear liquids up to <b>3 HOURS prior</b> to exam. See Clear Liquid Diet details below.</p> <p><b>NO CHEWING GUM, HARD CANDY OR CHEWING TOBACCO until after your exam.</b></p> <p><b>Do not take any insulin or diabetic medications</b> the morning of your procedure, unless instructed by your provider.</p> <p>OK to take prescribed medications with a small sip of water (with the exception of insulin and other diabetic meds) but take them at least <b>3 hours</b> prior to your procedure.</p> <p>Use of illicit drugs, marijuana/ THC, on the day of your procedure will result in cancellation and fees.</p>

**\*Clear Liquid Diet Details:**

**NO DAIRY, NO RED, PURPLE or ORANGE.**

**Approved**

- Sodas, coffee, tea
- Clear juices, fitness waters
- Chicken, vegetable and beef broth
- Gelatin/Jello
- Popsicles without pulp

**Avoid**

- No milk/dairy
- No juices with pulp
- NO RED PURPLE OR ORANGE.**



## THE DAY OF THE PROCEDURE

- **ON THE DAY** of your procedure **NO** food, chewing gum, hard candy, or chewing tobacco until after your procedure is completed.
- **You are allowed a clear liquid diet up to 3 hours before your procedure.**
- **When you are within 3 hours of your procedure, DO NOT take anything by mouth.**
- If you have been instructed to take Lovenox shots, do not take on the morning of your procedure, unless otherwise instructed.
- **EXCEPTION:** If there are prescribed medications that you **NEED** to take the morning of the procedure, please do so with a small sip of water **AT LEAST 3 hours prior** to your procedure. Do not take **anything** by mouth starting 3 hours prior to your procedure.
- **DIABETICS:** Do not take **ANY** insulin or oral diabetic medication the morning of your procedure, unless otherwise directed by your provider.
- If you use an inhaler, bring it with you to your procedure.
- If you wear contacts, be prepared to remove them or wear glasses instead.
- Please do not wear jewelry (including body piercings) or wear lotion to the center.
- **DO NOT USE ILLICIT DRUGS, INCLUDING MARIJUANA/THC, ON THE DAY OF YOUR PROCEDURE. IF YOU DO, YOUR PROCEDURE WILL BE CANCELED, AND YOU WILL INCUR CANCELLATION FEES.**
- Plan to be at the facility for 3-4 hours.

This procedure requires sedation. Therefore, a driver (**age 18 or over**) must accompany you to your appointment. The person who is driving you home **must remain at the facility** while your procedure is being performed so that they are available to receive discharge instructions and pertinent medical information, as well as possibly assist you with dressing. You may not go home in a taxi, rideshare (Uber/Lyft), or take public transportation. The sedation you will receive will prevent you from driving safely or working the rest of the day of your procedure. Following your procedure, do not drive, operate heavy machinery or sign legal documents for 24 hours.

## **NO DRIVER = NO PROCEDURE**

**If you have any questions or concerns about the preparation, please contact your procedure scheduling coordinator by calling 678.741.5000 or visit our website at <https://www.gigeorgia.com/prep/>**