

# Upper Endoscopy Instructions....Please Review Now

Procedure date: \_\_\_\_\_

Check in time: \_\_\_\_\_

Check in location: 7th Ave Medical Plaza 1st floor



## 1. ARRANGE DRIVER/ESCORT

You may NOT drive yourself after receiving sedation for your procedure. You must have a responsible adult to receive discharge instructions and accompany you home. Drivers of taxis or ride services such as Ride to Care or Medical Transport do NOT qualify as adults responsible for your care. Bus or Max is NOT acceptable, as you need to be delivered to your residence. It is not necessary for your driver to accompany you during the check-in process. Some additional information will be obtained and verified regarding your driver during preadmission such as their name, phone number, and distance from the Endoscopy Center.



## 2. MEDICATIONS

- **If you take semaglutide (Ozempic, Wegovy, Rybelsus), dulaglutide (Trulicity), exenatide(ER)(Bydureon Bcise), exenatide (IR)(Byetta), liraglutide (Victoza, Saxenda), lixsenatide (Adlyxin), or tirzepatide (Mounjaro) you must hold this medication for 7 days prior to your procedure or it will be rescheduled.**
- If you have diabetes, see separate Diabetes Medication Instructions, or consult your prescribing provider.
- If you take blood-thinning medications, (and this has not been specifically discussed with you as it pertains to your procedure/you have not been given instructions on whether or not to stop), please contact Tuality Digestive Health Clinic at (503) 681-4310.

# 1 DAY BEFORE PROCEDURE:



## 1. Food and fluids

- You may have a normal diet until midnight
- Stop eating solid food after midnight
- Clear liquids only after midnight.



Water



Coffee/Tea (No Milk)



Clear Soup Broth



Clear Fruit Juice



Ginger Ale or 7-up



Popsicles/Italian Ice

← Examples of clear liquids



2. If you are diabetic and taking medication(s) to control your blood sugar, please refer to the separate Diabetes Medication instructions, or consult your prescribing provider.

## DAY OF PROCEDURE :



### 1. Clear Liquids ONLY.

No solid food.

STOP drinking clear liquids 2 hours before procedure.

### Important:

If you take semaglutide (Ozempic, Wegovy, Rybelsus), dulaglutide (Trulicity), exenatide(ER)(Bydureon Bcise), exenatide (IR)(Byetta), liraglutide (Victoza, Saxenda), lixsenatide (Adlyxin), or tirzepatide (Mounjaro) then nothing more to drink, including water and colonoscopy prep, at least 4 HOURS before your procedure..



### 2. Medications

Take medication with sip of water **at least 2 hours before** your procedure.

If an anesthesiologist calls you, follow their instructions.



### 3. Reminders

**Bring:** Photo ID, insurance card, medication list with the times medications were last taken, CPAP machine if you use one at home.

Please do not bring large amounts of money or jewelry



### 4. Cancellations/Rescheduling/Questions

If you had a visit with the gastroenterologist either in person or on the phone and need to make procedure appointment changes or have questions call **(503)-681-4310**.

If you did not have a visit with the gastroenterologist and were scheduled over the phone by a nurse and need to make procedure appointment changes or have questions call **(503) 681-1675**.

**For more information on Upper Endoscopy (EGD) and to watch a video prepared by the American Society for Gastrointestinal Endoscopy (ASGE), please copy and paste the following link in your computer browser:**

<https://youtu.be/UODNK2DfwfY>

## **3 Days Before Your Procedure:**

Stop taking Jardiance, Farxiga, Invokana, Stegatro if prescribed

## **Diabetic Medication Instruction for Day Before Procedure:**

<b>If you take</b>	<b>Morning</b>	<b>Lunch/Dinner</b>	<b>Bed-time</b>
<b>Actos, Actoplus Met, Avandamet, Avandia, Janumet, Januvia, Metformin</b>	Take your usual dose	Hold pm dose	
<b>Amaryl (glimepiride), Avandaryl, Duetact, Glipizide, Glucovance, Gliburide, Metaglip,</b>	<b>Do not take</b>	<b>Do not take</b>	
<b>Lantus, or NPH insulin</b>	Take your usual dose		Take half of your usual dose
<b>Humalog, Novolog, or Regular insulin</b>	Take half the usual amount if you take a fixed dose OR cover your carbs with your usual carb ratio	Take half the usual amount if you take a fixed dose OR cover your carbs with your usual carb ratio	
<b>Novalog Mix 70/30, Novolin 70/30, Premixed Insulin 75/25</b>	Take half the usual dose at breakfast	Take half the usual dose at dinner	

## Diabetic Medication Instruction for **Day Of Procedure**

If you take	Morning	Lunch/Dinner	Bed-time
<b>Actos, Actoplus Met, Avandamet, Avandia, Janumet, Januvia, Metformin</b>	<b>Do not take</b>	<b>Do not take</b>	
<b>Amaryl (glimepiride), Avandaryl, Duetact, Glipizide, Glucovance, Glyburide, Metaglip, Prandin, Starlix</b>	<b>Do not take</b>	Resume your usual dose if eating	
<b>Lantus, or NPH insulin</b>	Take half of the usual dose		Resume your usual dose
<b>Humalog, Novolog, or Regular insulin</b>	<b>Do not take</b>	Resume your usual dose if eating	
<b>Novalog Mix 70/30, Novolin 70/30, Premixed Insulin 75/25</b>	<b>Do not take</b>	Resume your usual dose if eating	