

GENERAL INSTRUCTIONS

1. **Bring an adult driver.** Your driver must be 18 years of age or over. They must stay with you until registered and then come back to drive you home following your procedure. You will be given a sedative for your test, and you are not to drive until the next day. Therefore, someone must drive you home. **Your procedure will be rescheduled if you do not have a driver with you when you check-in for your procedure.**
(NOTE: Our lobby and parking lot cannot accommodate drivers to stay onsite – we encourage drivers to leave after registration and return when called.)
2. **If you need to reschedule** your procedure, please call your physician's office at least 3-4 days in advance so that we may schedule another patient in your appointment time.
3. **NOTIFY US IN ADVANCE:**
 - If you are taking a **blood thinner** prescribed by a physician (such as Coumadin, Plavix, Effient, Eliquis or Ticlid, etc.). Your prescribing MD will need to send clearance instructions for these medications. Failure to properly adjust these medications may result in cancellation of your procedure. You may continue to take Aspirin as usual. **(IMPORTANT: Please contact us immediately so we can reschedule testing if necessary.)**
 - If you are having **chest pain or undergoing cardiac testing.**
(IMPORTANT: Please notify us before you begin to prep for your procedure.)
 - If you have ever had **excessive bleeding after an operation or problems with anesthesia.**
 - If there is a possibility you are **pregnant.**
4. **DO NOT:**
 - Take **iron, diet pills** (Phentermine, Adipex or Qsymia) or **herbal medications** for seven (7) days prior to having your procedure. You may take vitamins.
 - Drink **alcohol** for 24 hours before or after your procedure.
 - Use items such as **gum, hard candy, breath mints, smokeless tobacco, or illicit drugs** such as marijuana on the day of your procedure.
5. If you have **dentures**, you may be required to remove them for the procedure.
6. **Leave your valuables at home.** If you have **body piercings**, you will be asked to remove them prior to the procedure for your safety.
7. If you are a **diabetic**, do not take your diabetic medication the day of your procedure. Bring your medication with you so you can take it after your procedure.
8. If you have **asthma**, please bring your inhaler with you.
9. Take your usual **prescribed medications** with no more than two (2) tablespoons / one (1) ounce of water up to three (3) hours prior to your appointment time.

IMPORTANT MEDICATION INFORMATION

***** Hold as Instructed Prior to Procedure *****

The following medications should be held as instructed prior to procedure:

Phentermine: Adipex-P, Qsymia, and Lomaira (Daily) – These medications will need to be stopped seven (7) days prior to your procedure.

GLP-1 Medications

All GLP-1 medications, including those listed below, will need to be stopped seven (7) days prior to your procedure.

- Dulaglutide: Trulicity (weekly)
- Exenatide: Bydureon (weekly) and Byetta (daily)
- Liraglutide: Victoza (weekly) and Saxenda (daily)
- Lixisenatide: Adlyxin and Soliqua (daily)
- Semaglutide: Ozempic (weekly), Wegovy (weekly) and Rybelsus (daily)
- Tirzepatide: Mounjaro (weekly) and Zepbound (weekly)

For any questions or to reschedule your appointment, please call our office at 330-305-2020. We apologize for any inconvenience this may cause.

EGD Prep – Full Liquid Diet

A full liquid diet consists of liquids allowed on the clear liquid diet with the addition of milk and small amounts of fiber. The diet may be used for short term such as a transition step between the clear liquid and soft diet following gastrointestinal surgery or procedures. It may also be appropriate for those with certain swallowing and chewing problems. A well-planned full liquid diet is adequate in calories, protein and fat but may be inadequate in vitamins (vitamin B12, vitamin A, and thiamin), minerals (iron), and fiber.

Foods and liquids allowed on the full liquid diet include all foods allowed on the clear liquid diet (popsicles, clear juice without pulp, plain gelatin, ice chips, water, sweetened tea or coffee (no creamer), clear broths, carbonated beverages, flavored water, and water) along with thin hot cereal (or gruel), strained cream soups (including nectars), milkshakes, custard, puddings, and liquid nutritional supplements.

SPECIFIC LIQUIDS OR FOODS ALLOWED ARE:

Milk & Milk Products: Milk (all types including buttermilk, soy, rice, almond, and cow's), milkshakes, pasteurized eggnog, smooth ice cream, frozen yogurt, custard, yogurt without fruit, and pudding.

Vegetables: All vegetable and tomato juices.

Fruits: All juice and nectar.

Breads & Grains: Cooked, refined cereals including cream of wheat, grits, cream of rice, and thinned oatmeal.

Meat & Meat Substitutes: None.

Fats & Oils: Butter, margarine, cream, and oils.

Sweets & Desserts: Sherbet, sugar, sugar substitutes, hard candy, popsicles, gelatin and fruit pieces, honey, and syrups.

Beverages: All.

Soups: Broth, bouillon, smooth tomato soup, and strained cream soups.

DAY BEFORE THE PROCEDURE

Full Liquid Diet Only! See above for details. Nothing to eat or drink after midnight.

DAY OF THE PROCEDURE

Nothing to eat or drink until after the procedure.

DIABETIC PREP

MEDICATIONS

- If you take oral medications for your diabetes, do NOT take your diabetes pills on the day prior to your procedure (prep day) or on the day of your procedure (until your procedure is complete and you resume a normal diet).
- If you take non-insulin injectable medications (Byetta, Bydureon, Victoza, Trulicity, Tanzeum, Symlin), do not take the medication if your injection day is the day prior to your procedure (prep day). You can resume it after the procedure is complete.
- If you take insulin, reduce your dose by 50% (half) of your normal dose on the day prior to your procedure and the day of your procedure. You can resume your normal dose after the procedure when you resume a normal diet.
- If you use an insulin pump, contact your diabetes doctor for instruction. Generally, most patients will need to reduce their basal rate to 80% of the normal rate.

DIET

- You should aim for 45-60 grams of carbs with each meal. Although you may ordinarily avoid sugars, they are ok to take when you are prepping for your colonoscopy as these will be the main source of calories when you are on a clear liquid diet.
- For snacks, try to include other fluids that contain electrolytes such as broth.
- Examples of clear liquids with carb amounts are listed below. Note, if you experience low blood sugar (<60) during the 2 hours before your procedure, you can take 3 teaspoons of soda or clear juice to raise your sugar. Do NOT take solid foods or non-clear liquids, as your procedure will be cancelled.

FLUID	AMOUNT	CARBS
Juice	½ cup	15g
Jell-O	½ cup	15g
Soda	1 can	40g
Popsicle	1 double stick	15g
Gatorade / Powerade	½ cup	15g
Broth (veg/chicken/beef)	Any	0g
Clear Protein Drinks	Any	0g