

# EGD Prep Instructions

***Strict compliance with these instructions is necessary to ensure a safe and complete exam.***

**Medication / Diet / Tobacco Instructions:** It is very important you read this section carefully. If you have any questions regarding your medications please call the MDTEC procedure coordinator at 410-224-3636.

- **10 days prior** to your procedure (at a minimum): you must stop taking Phentermine, or any medication containing Phentermine, such as Qsymia, Qnexa, Adipex-P, Suprenza, Fastin, Phentercot.
- **7 days prior** to your procedure: Begin a low fiber diet; You must stop taking all iron supplements, vitamins, minerals, herbal supplements, discontinue fiber supplements such as Metamucil, Citrucel, Fibercon, etc. Avoid fish oil, corn, seeds, nuts and popcorn.
- **5 days prior** to your procedure (**Blood Thinners**): Stop all blood thinners and all aspirin / aspirin containing products unless you have been directed otherwise by your physician,. This includes: Plavix, Coumadin, Pradaxa, Xarelto, Eliquis, NSAIDs, ibuprofen or Advil. You may take Tylenol as needed.
- **1 day prior** to your procedure: Stop all Aminosalicylates (Colazal, Asacol, Canasa, Rowasa, Dipentume, Azulfidine.
- **No smoking the day of procedure.**
- **Blood Pressure and Heart medications:** Continue to take these medications as directed. Take them the day of your procedure with a **small sip of water** no less than 2 hours before procedure.
- **Acid Reflux medication:** Continue to take your acid reflux medication as directed. Take your medication the day of your procedure with a sip of water no less than 2 hours before procedure.
- **Diabetic medication:**
  - If you are taking diabetic medication by mouth, cut your dose in half the day before the procedure.
  - If you are taking insulin, reduce your insulin dose(s) to half the normal amount the day before the procedure.
  - If you have an insulin pump, please check with the prescribing physician (PCP or endocrinologist) for specific instructions.
  - Do not take any diabetic medication or insulin on the day of your procedure.
- **Bring a complete list** of your medications. **Also bring** your **blood pressure medicine** and **inhalers** with you on the day of your procedure.

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## **The Day of Your Scheduled Procedure:**

- ❖ Starting at midnight (12am)—**NOTHING** to eat
- ❖ You may only have sips of water up until 4 hours before your procedure.
- ❖ Stop drinking all fluids 4 hours prior to your procedure.
- ❖ If you come to MDTEC drinking fluids, your procedure will be cancelled.

**Please be aware:** If you have any questions or concerns regarding these instructions, please call the procedure coordinator at 410-224-3636 for further guidance. If you call before we arrive for the day, please leave a message and we will call you back as soon as we are able.

**You must have a responsible driver who is 18 or older to accompany you and drive you home.**

A taxi or shuttle is not an approved means of transportation **unless you have** a family member or friend with you. You may not drive until the day after your procedure. If you do not arrive with a driver, your procedure will be rescheduled, and you may be charged a cancellation fee.