

EGD PREPARATION

Your examination is scheduled for:

Date: _____ Place: _____

Arrival Time: _____ Procedure Time: _____

Physician: _____

Preparation Begins Prior to the Morning of Procedure:

1. **Nothing to eat after midnight.** Do not eat any solid food on the day of your procedure.
2. **Clear liquids are allowed up to 2 hours before arrival time.**
Do not chew gum. You may drink only clear liquids (no red or purple dye).
3. **Clear liquids include:**
Water, black coffee, tea, apple juice, white grape juice, soda, Jell-O (not red/purple), popsicles (not red/purple), broth, and Gatorade or other sports drinks.
4. **DO NOT:**
Drink milk or use non-dairy creamer, consume anything red or purple, or drink alcohol.

IMPORTANT – GLP-1 MEDICATION USERS:

If you are on a GLP-1 medication (e.g., Ozempic, Wegovy, Trulicity, Mounjaro, Semaglutide, Zepbound, Tirzepatide, Bydureon, Byetta, Liraglutide, Victoza.), **you MUST follow a clear liquid diet the ENTIRE DAY BEFORE your procedure.**

Hold GLP-1 medication at least 7 days prior to procedure.

Other Important Reminders:

- You will not be allowed to drive. A driver must stay and take you home.
- Stop iron supplements 1 week before the procedure.
- **Do NOT stop aspirin** if taken for heart protection.
- Take usual morning meds (for blood pressure or seizures) with a sip of water at least 2 hours before arrival.
- Notify your doctor **at least 1 week in advance** if you take **blood thinners** (e.g., warfarin, Plavix, Eliquis, Xarelto, Pradaxa, etc.).

Questions? Call us at 918-438-7050

Hours: Mon–Thurs 8:00 AM–4:30 PM | Fri 8:00 AM–3:00 PM

