



INSTRUCTIONS FOR EGD/ERCp WITH CLEAR LIQUID DIET

The day before your procedure there should be NO SOLID FOODS consumed. You may only have the following:

• Chicken/Beef/Vegetable Broth	• Black Coffee/Tea
• Yellow/Green Jell-O	• Yellow/Green Popsicles
• Clear Grape Juice	• Sprite
• Non-Pulpy Apple Juice	• Ginger Ale

On _____ you may not eat or drink after midnight.

If you are a smoker, please refrain from smoking the day of your procedure this includes *e-cigarettes, cigars, pipe, cigarettes, and marijuana*. No chewing gum, breath mints, tobacco, or alcohol products of any kind.

You may take blood pressure, heart or seizure medications the morning of your procedure with a small sip of water six (6) hours before your procedure.

You **MUST** bring an adult patient representative (age 18 or older), the representative **MUST** be able to remain at the facility from admission to discharge, be able to make medical decisions regarding your care, be able to speak with the physician, receive your procedure results, understand your post care instructions, and drive you home. Since you will be sedated, you will be groggy after the procedure and care instructions/procedure results will be given to your representative.

SPECIAL INSTRUCTIONS:

_____ Dulcolax 10mg PO the day before at 3:00PM

_____ Discontinue Plavix-Clopidogrel/Effient/Aggrenox/Brilinta seven (7) days before the procedure.

_____ Discontinue Coumadin/Warfarin/Jantoven five (5) days before the procedure.

_____ Discontinue Pradaxa/Xarelto/Eliquis (3) days before the procedure.

_____ Discontinue **ORAL (BY MOUTH) DIABETIC MEDS** the night before and morning of the procedure.

_____ Discontinue Phentermine/Adipex seven (7) days before the procedure.

_____ Hold GLP-1 agonists **on the day of** the procedure when the medication is taken **DAILY**

_____ Hold GLP-1 agonists **a week prior** to the procedure when the medication is taken **Weekly**.