



Witham Gastroenterology

Dr. Kessler and Dr. Patel

765-485-8830 opt. 4

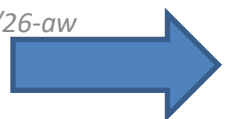
Your **EGD** is scheduled _____ with an arrival time of _____ at Witham Hospital 2605 N. Lebanon St. Lebanon, IN 46052. Enter through the main doors of the hospital then go to the registration desk.

To prepare for an esophagogastroduodenoscopy (EGD), or upper endoscopy, you should:

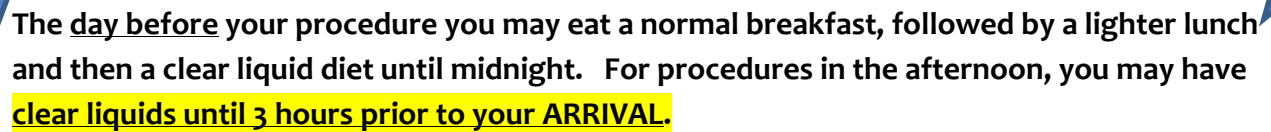
- **Avoid certain medications:** If you take blood thinners, like Coumadin, Plavix, Eliquis or Pradaxa, our office will contact your prescribing physician to receive instructions on when to stop taking the medication. Do not stop until you hear from our office. Avoid taking GLP-1 medications such as Ozempic, Mounjaro, Tirzapetide for 7 days (see below).
- **Bring a list of medications:** Bring a list of all medications and supplements you're taking.
- **Plan for sedation:** You'll be sedated during the procedure, so you should plan to take the day off work and **have someone drive you home**. You won't be able to drive, drink alcohol, operate machinery, or sign legal documents the day of the procedure.
- **Remove certain items:** You'll need to remove dentures, eye glasses, hearing aids, or facial piercings for the procedure.
- **Plan for time:** Plan to be at the facility for at least two to three hours.

STOP the following medications 7 days before your procedure. These medications can thin your blood or cause constipation: Ibuprofen (Advil, Motrin) Naproxen (Naprosyn, Aleve), Meloxicam (Mobic), Multivitamins with Iron, Iron Supplements, and Fish Oil (Krill Oil, Lovaza, Vascepa), Vitamin E, Herbal supplements. _____

- **Coumadin, Plavix, Eliquis, Xarelto, Heparin, Lovenox, or other anticoagulants:** If you are on a blood thinner, we will contact your prescribing physician for recommendations on when to stop and we will call you. Do not stop your blood thinner until you hear from our office. You may continue taking Aspirin 81mg daily. _____
- Per anesthesia recommendation **do not take** ARB or ACE inhibitors (for blood pressure) the **morning** of the procedure. _____. **BRING** med(s) to hospital with you.
- **Dulaglutide (Trulicity), Exenatide (Byetta), Exenatide extended-release (Bydureon), Liraglutide (Victoza), Lixisenatide (Adlyxin), Semaglutide injection (Ozempic), Semaglutide tablets (Rybelsus)-GLP-1 medications**-must be HELD at least 1 week prior to procedure otherwise it will be rescheduled. _____



Diabetes: Contact your prescribing physician regarding your dose of insulin and other diabetic medications needed the day before your procedure. Inform your doctor that you will be on clear liquids the day prior to your procedure (starting after lunch).



The **day before** your procedure you may eat a normal breakfast, followed by a lighter lunch and then a clear liquid diet until midnight. For procedures in the afternoon, you may have **clear liquids until 3 hours prior to your ARRIVAL.**

- **NO ALCOHOL.**
- **Clear liquids the remainder of the day.**
 - As a rule, if you can see through it you can drink it.
 - Gatorade is the preferred liquid.

The following foods are OK to have when you are on a clear liquid diet:

(nothing purple, red or orange)

- Water; ice chips
- Fruit juices without pulp, such as filtered apple juice, grape juice, cranberry juice, and pulp-free lemonade
- Fruit punch or fruit drinks with no pulp or pieces
- Hot or cold coffee or tea (don't add milk or creamers of any type)
- Clear sodas (lemon-lime soda, ginger ale)
- Sports drinks (Gatorade)
- Clear soup (low-sodium and fat-free broth or bouillon)
- Plain or flavored gelatin (don't add fruit or toppings)
- Frozen juice bars made from clear juices (no pulp or fruit pieces)

Don't have these foods:

- Fruit juices with pulp or nectar, such as prune juice
- Milk, yogurt, and pudding
- Cream-based soups
- Any food or drink not on the approved list above

If you have any implanted **medical devices** that have a **remote**, please bring it to your appointment.

Additional instructions:
