



# KANSAS GASTROENTEROLOGY KANSAS ENDOSCOPY



## Preparing For Your Egd

If you are taking blood thinners (examples include: Coumadin, Plavix, Xarelto), please discuss specific instructions with your prescribing physician as soon as possible.

### Fourteen Days Before your procedure:

- STOP taking phentermine or other weight loss equivalents.
- GLP-1 Drugs, including Ozempic, Wygovy, Rybelsus, Trulicity, Bydueron, Byetta, Saxenda, Victoza, Adlyxin among others:
  - GLP-1 injectable - hold injections for 14 days prior to procedure
  - GLP-1 pills (daily) - hold them for 4 days
- This is irrespective of the indication (type 2 diabetes mellitus or weight loss), dose, or the type of procedure

### Five Days Before your procedure:

- STOP taking NSAIDs (examples include: Ibuprofen, Motrin, Advil, Naproxen, Aleve, Excedrin, Meloxicam, Diclofenac, and Mobic).
- STOP Fish oil, herbal supplements, iron, and multivitamins containing iron.
- Hold SLGT2 inhibitor medication Ertugliflozin - steglatro for four days.
- Hold SLGT2 Inhibitor medications (canagliflozin - invokana, empagliflozin jardiance, depagliflozin - farxiga) for three days.

### The Day Before your procedure:

- You may have your normal meals. However, NO solid foods after midnight.
- DO NOT drink or take anything by mouth 6 hours before your procedure time. This includes: Mints, gum, hard candy, tobacco products, and marijuana. **Failure to do so will cause your procedure to be delayed or canceled. This is for your safety!**

### The Day of your procedure:

- You CANNOT drive yourself after the procedure. Sedation given requires you to arrange for transportation home. A responsible adult must accompany you from the procedure, into your home, and remain with you for a reasonable period of time. You are not allowed to take a cab home. **IF YOU DO NOT HAVE A DRIVER, YOUR PROCEDURE WILL BE CANCELED.**
- Plan on being at endoscopy for up to 3 hours (from admission to dismissal).
- Make arrangements to be off work the entire day of your procedure.
- Bring your rescue inhaler(s) and/or CPAP.

Kansas Gastroenterology  
3121 N Webb Rd Suite 101  
Wichita, KS 67226

Kansas Endoscopy  
3121 N Webb Rd Suite 107  
Wichita, KS 67226

Phone: 316-261-3130  
Fax: 316-261-3275  
ksgastro.com



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- Take blood pressure medication, heart pills, seizure pills, and prednisone with a sip of water. Take these before 6:00am. Don't take diuretics (water pills).
- If you must wear contacts, bring a container to place them in.
- Dentures need removed prior to the procedure. Please do not secure dentures with adhesive.
- Wear comfortable clothing and socks. Leave jewelry and valuables at home.
- **Females** of childbearing age, without hysterectomy, are required to provide a urine sample for a pregnancy test.

Only drink **CLEAR** liquids up to 6 hours prior to your procedure.

**6 hours prior to procedure** – Nothing by mouth including: Candy, mints, gum, tobacco products, or marijuana. *Otherwise, your procedure will be delayed or cancelled. This is for your safety!*

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