

Gastroenterology Endoscopy Centers

PINEHURST: 15 Regional Dr. Pinehurst NC 28374 (910) 235-3177

SANFORD: 110 Dennis Dr. Sanford, NC 27330 (919) 774-4511

EGD INSTRUCTIONS

Patient Name: _____ **Physician:** _____

Appointment Date: _____ **Arrival Time:** _____ AM / PM

MEDICATIONS:

Blood Thinners: If you take any blood thinners, such as Brilinta (Ticagrelor), Coumadin (Warfarin), Effient (Prasugrel), Eliquis (Apixaban), Plavix (Clopidogrel), Xarelto (Rivaroxaban), Aggrenox (ASA/Dipyridamole) and you did not have a pre-procedure clinic visit, please contact our office immediately. **You will need special instructions concerning these medications.**

Diabetic Patients: DO NOT TAKE any oral diabetic pills, or insulin doses the night before or the day of your procedure.

If you take any GLP-1 medications such as the following: Semaglutide (Ozempic, Rybelsus, Wegovy), Liraglutide (Saxenda, Victoza), Dulaglutide (Trulicity), Exantide (Bydureon, Byetta), Lixisenatide (Adylin), Tirzepatide (Mounjaro, Zepbound), You ***MUST FOLLOW*** a **CLEAR LIQUID** diet the entire day before your procedure. No solid food. No dairy products. Examples of clear liquids include: black coffee with sugar/sugar substitute (no creamer), juice without pulp (apple, white grape), electrolyte drinks, sweet/unsweet teas, beef/chicken/vegetable broths, seltzers, water, plain Jell-O (lemon, lime, orange, pineapple), popsicles, Italian ice, sodas (avoid cream sodas), etc.

DIET:

You may eat solid foods until 7pm the night before your procedure.

******Please see the exceptions for patients taking GLP-1 medications above******

After 7pm you may drink clear liquids according to the schedule noted below

For procedures with ARRIVAL times up until 12:59pm, you may drink clear liquids from 7pm until midnight the night before your procedure, then do not have anything else by mouth.

For procedures with ARRIVAL times 1:00pm or later, you may drink clear liquids from 7pm the night before until 8:00 am the day of your procedure, then do not have anything else by mouth.

You may take the following medications in the morning on the day of your procedure before your arrival:

Blood Pressure, Heart, Asthma/Breathing, Seizure, Antidepressants, Anti-Anxiety, Thyroid Medications, and Aspirin. **Note:** If you are taking these medications within 3 hours before your arrival, take them with a small sip of water ONLY. **DO NOT TAKE** any Diabetic medications.

1. Bring a list of your medications with dosages and frequency to your appointment.
2. Please bring a photo ID and your insurance card(s).
3. Wear comfortable clothing and you may want to wear or bring socks.
4. Do not wear necklaces, chains, or dangly earrings. You may wear your wedding band and a watch.
5. You **must** remove nose, lip, and/or tongue piercings prior to your procedure.

YOU MUST HAVE A RESPONSIBLE DRIVER ACCOMPANY YOU!

The driver must be **18 years or older** and must stay in the waiting area. Patients cannot be dropped off and picked up later. Procedures will be delayed until the designated driver is in the waiting room. If you are using transportation, you must have a responsible adult accompany you who can remain in the building during your procedure.

What to Expect Prior to Your Appointment

Please plan to spend at least 2-3 hours at the clinic for your appointment. Arrival times are subject to change. You will be contacted by telephone/email/text 1-2 days before your appointment to confirm your arrival time.

Confirmation of Appointment:

You will receive an automated telephone/email/text reminder 2 weeks before the scheduled date of your procedure. During this message, you will be able to confirm your appointment. If you do not receive this message, you **must** call us at the number listed above to confirm your appointment and avoid the automatic cancellation of your procedure.

You **MUST** confirm your appointment at least 72 hours (3 full business days) before your procedure date to avoid cancellation.

If you confirm your appointment and then fail to arrive for your procedure without providing at least 72-hour (3 full business days) notice, you will be charged \$250.00 for not keeping your appointment. Special circumstances will be considered on a case-by-case basis. For complete details, please see Pinehurst Medical Clinic's Patient Appointment Attendance Policy. The complete policy can be found at www.pinehurstmedical.com/attendance.

Questions?

Please review these instructions carefully and write down any questions you may have. Additional information may be found on our website at www.pinehurstmedical.com/gastroinfo.

Please call our endoscopy center staff at your scheduled location with any additional questions you may have.

NOTE: This is an elective procedure. Patients must be aware that delayed complications may occur after the procedure, especially if polyps are removed and/or biopsies are taken. The risk of complications is very low, however, the doctors *recommend* that you avoid traveling out of state for 14 days after your procedure.