

EGD Instructions

<p>7-10 days before your procedure</p>	<p>You will need to:</p> <ul style="list-style-type: none"> Plan for a driver to take you home after the procedure. Please remember that you CANNOT drive yourself home or take a taxi/Uber/Lyft alone. Read the clear liquid diet instructions attached
<p>1 Day before your procedure</p>	<p>No solid food after midnight – clear liquid diet is allowed after midnight until 3 hours prior to your procedure.</p> <p>If you have Gastroparesis or are on a GLP-1 medication:</p> <ul style="list-style-type: none"> It is important that you are on a clear liquid diet 24 hours prior to your procedure. These conditions and medications slow the emptying of your stomach contents which is why having no solid food for 24 hours is VITAL. If you do not follow this step and you are taking a GLP-1 medication, you are at higher risk of having a stomach full of food and potentially aspirating. The doctor may consider rescheduling your procedure if these instructions are not followed.
<p>Procedure Day</p>	<ul style="list-style-type: none"> Clear liquids ONLY from the time you wake up Clear liquids are ok up until 3 hours prior to your procedure, after that, strictly nothing by mouth – no water, gum, mints, cigarettes, marijuana, chewing tobacco Please take your regular medications ESPECIALLY blood pressure meds with just enough water to swallow the pills Bring your insurance card and photo ID with you for check in Ensure you have a driver to take you home and stay with you the rest of the day

<p style="text-align: center;"><u>LOW RESIDUE DIET</u> <u>(3-5 Days Before Procedure)</u></p> <p>FRUIT:</p> <ul style="list-style-type: none"> • BANANAS, CANTALOUPE, HONEYDEW, SEEDLESS WATERMELON • PEELD AND COOKED FRUITS LIKE APPLESAUCE, PEACHES, APRICOTS, PEARS AND NECTARINES • FRUIT JUICES WITHOUT PULP • AVOID RAW FRUIT WITH SKINS OR SEEDS • AVOID BERRIES, CITRUS FRUITS AND DRIED FRUITS <p>VEGETABLES:</p> <ul style="list-style-type: none"> • WELL-COOKED, PEELED VEGETABLES WITHOUT SEEDS OR SKINS: CARROTS, GREEN BEANS, PEELED POTATOES • STRAINED VEGETABLE JUICES WITHOUT PULP • AVOID RAW VEGETABLES, VEGETABLES WITH SKINS/SEEDS: BROCCOLI, CAULIFLOWER, BRUSSEL SPROUTS, CABBAGE <p>PROTEINS:</p> <ul style="list-style-type: none"> • EGGS, SMOOTH PEANUT BUTTER • TENDER CUTS OF MEAT INCLUDING CHICKEN, TURKEY, FISH, PORK, LAMB • TOFU AND SOFT-COOKED MEATS • AVOID BEANS, LENTILS, NUTS, SEEDS AND TOUGH MEATS WITH GRISTLE <p>DAIRY:</p> <ul style="list-style-type: none"> • MILK, CHEESE, YOGURT WITHOUT ADDED FRUITS, SEEDS OR NUTS • SOUR CREAM <p style="color: red; text-align: center;">AVOID HIGH FIBER FOODS (WHOLE-GRAIN BREADS AND CEREALS, NUTS, SEEDS)</p>	<p style="text-align: center;"><u>SOFT DIET</u> <u>(Two Days Before Procedure)</u></p> <ul style="list-style-type: none"> • WHITE BREAD • AVOCADO • WATERMELON • SMOOTHIES • WHITE RICE, NOODLES, AND PASTA • COOKED POTATOES WITHOUT SKIN • YOGURT (VANILLA, PLAIN) • RIPE BANANAS • LEAN AND TENDER MEATS, CHICKEN, FISH AND PORK • TOFU • EGGS • CHEESE (SUCH AS PROVOLONE, SWISS, MOZZARELLA) • COTTAGE CHEESE • GELATIN, PUDDING, AND POPSICLES <hr/> <p style="text-align: center;"><u>CLEAR LIQUID DIET</u> <u>(One Day Before Your Procedure)</u></p> <ul style="list-style-type: none"> • CLEAR BROTH, BOUILLON, OR CONSOMME • GELATIN (SUCH AS JELLO) • POPSICLES • SWEETENERS, SUCH AS SUGAR OR HONEY MAY BE USED • CLEAR FRUIT JUICES, SUCH AS WHITE CRANBERRY, WHITE GRAPE, APPLE • SODA, SUCH AS 7-UP SPRITE, GINGER ALE, SELTZER, GATORADE • BLACK COFFEE (NO CREAM) TEA • <u>Note to stay away from RED, PURPLE AND BLUE dyed foods and drinks!</u>
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Diabetic and GLP-1 Agonist Medication Instructions

Before a colonoscopy or EGD, diabetic patients need to carefully **manage both their blood sugar** and **medication regimen** to ensure a smooth procedure and good recovery. Here's a general approach for medication management for diabetic patients prior to a colonoscopy or EGD:

- You will need to **check your blood sugar more often**. Please check more frequently and at bedtime the first prep day.
- Please check your blood sugar if you experience any **symptoms of low or very high blood sugar**: *Dizziness, confusion, difficulty concentrating, increased thirst, hunger, blurred vision headache.*
- It is important that you still **manage carbohydrates/sugar during your preparation**: Try to get 45 grams of carbohydrates in your liquids at mealtimes. Aim for 15-30 grams of carbs during snack times while on liquids.
- Avoid dehydration**. Proper hydration is crucial, especially since the preparation for colonoscopies involve laxatives that can lead to fluid loss. Continue to drink clear liquids up until 3 hours prior to your procedure start time.

*Please utilize the table for instruction on medication management as you begin your prep and on the day of the procedure.
Contact us if your medication is not listed.*

Medication	Day before Procedure			Day of Procedure
	AM	Lunch	PM	
Actos (pioglitazone) Farxiga (dapagliflozin) Glucophage (metformin) Invokana (canagliflozin) Januvia (sitagliptin) Janumet	Take usual dose	Take usual dose		Take usual dose
Amaryl (glimepiride) Glucotrol (glipizide) Glucotrol XL Jardiance (empagliflozin)	Do not take	Do not take	Do not take	Do not take
Ozempic, Wegovy, Rybelsus (semaglutide) Trulicity (dulaglutide) Victoza, Saxenda (liraglutide) Bydureon, Byetta (exenatide) Adlyxin (lixisenatide)	If you take any of these weekly , please hold 1 week prior to your procedure. If you take any of these daily , please skip the dose the day before your procedure			Do not take
Lantus or Levemir	Take usual dose		Take usual dose	Take ½ usual dose
Humalog, Novolog, Regular Insulin or NPH *If you use a SLIDING SCALE, please continue as usual	Take ½ usual dose	Take ½ usual dose		Do not take
Insulin Pump	Please contact your endocrinologist			