



Barrington Office  
Suite 312  
(22285 N Pepper Rd, Ste 312,  
Lake Barrington IL, 60010)

Good Shepherd  
West Pavilion  
(450 IL-22, Barrington, IL  
60010)

Northwestern Huntley  
Main Entrance  
(10400 Haligus Rd, Huntley, IL  
60142)

Northwestern McHenry  
Main Entrance  
(4201 Medical Centre Dr, McHenry, IL  
60050)

Physician: \_\_\_\_\_ Date: \_\_\_\_\_ Arrival Time: \_\_\_\_\_ Procedure Time: \_\_\_\_\_

#### **UPPER ENDOSCOPY (EGD) PREP:**

An EGD is a procedure that examines the esophagus, stomach and the first part of the small intestine with a small fiberoptic instrument. The doctor is looking for any abnormalities and may take biopsies. They can also remove objects, including food, that may be stuck in the upper GI tract. This procedure takes about 20 to 30 minutes. With intake and recovery however, you must plan to be at the facility for at least 1.5 hours (Barrington) up to 3 hours (hospital).

#### **IT IS ESSENTIAL THAT...**

1. You bring your ID, insurance card and a list of medications (including dosages) to your appointment.
2. You will not be allowed to drive yourself home after the procedure due to the sedation. Therefore, you will need an adult to drive you home. You may **NOT** use public transportation. **If you do not have a ride, your procedure will be cancelled.**

**MEDICATIONS TO AVOID PRIOR TO PROCEDURE:** Failure to stop medications may result in being rescheduled the day of your procedure after you are prepped. Please review medications below and call with any questions. *Daily diabetic medication instructions can be found in 1 day before/day of procedure section.*

#### **\*STOP 14 DAYS BEFORE YOUR PROCEDURE:**

If you are taking any diet pills such as: Fenfluramine, Dexfenfluramine or Phentermine, stop taking those **2 weeks prior** to your colonoscopy. Failure to stop these medications may result in having to reschedule your procedure the day of.

#### **\*STOP 7 DAYS BEFORE YOUR PROCEDURE:**

If you take GLP-1 Meds- Ozempic, Wegovy, Rybelsus, Trulicity, Byetta, Bydureon BCise, Saxenda, Victoza, Mounjaro or any other weekly injectables for weight loss / diabetes, you must contact your prescriber to stop this medication 7 days before your procedure. You may resume the medication after the procedure. If you have not stopped these medications 7 days prior, your procedure **WILL** be canceled per anesthesia. Daily diabetic medication instructions are under 1 day before/day of procedure section.

#### **\*STOP 5 DAYS BEFORE YOUR PROCEDURE:**

Excedrin, Ibuprofen, Advil, Motrin, Aleve, Naprosyn, Naproxen, Celebrex, Celecoxib, Mobic, Meloxicam, Relafen, Nabumetone. Stop all herbal medications, supplements, and vitamins 5 days prior to your procedure. **\*\*Tylenol is okay to take.**

Blood thinning medications including, Coumadin, Warfarin, Plavix, Xarelto, Pradaxa, Effient, Aggrenox, Eliquis or Brilinta must be stopped prior to your procedure as directed by the prescribing physician. Our office will send a request, but it is ultimately the **patients responsibility** to also know if they are able to be off the blood thinner or not.

**\*\*\*You may continue to take a low dose (81mg) Aspirin.**

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## **1 DAY BEFORE YOUR EGD:**

- ✓ If you are **diabetic and on oral medication (pills)**: Take only half the usual dose the day BEFORE the procedure. **Do not take** your diabetic medication on the day of your colonoscopy. You may take your medication when the procedure is over and you are able to eat.
- ✓ You may eat your usual diet.
- ✓ No alcohol, beer, or wine today or tomorrow.
- ✓ **After midnight NOTHING should be taken by mouth. No food, fluid, gum, or candy is allowed until after your EGD.**

## **DAY OF EGD:**

- ✓ **No food, fluid, gum, or candy is allowed until after your EGD.**
- ✓ You may take any medications prescribed for your heart, blood pressure, asthma, seizure disorder or thyroid with a small sip of water 4 hours prior to your scheduled procedure time.
- ✓ If you are diabetic and on insulin: Test your blood sugar before you come for your colonoscopy. Take only half of your usual dose of insulin on the day of your procedure.



**\*\*\*After you finish this portion of the prep, you may NOT have any liquids OR solids by mouth. NO FOOD, FLUID, GUM OR CANDY IS ALLOWED UNTIL AFTER THE PROCEDURE. You will be rescheduled if you do not follow these instructions.**