



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

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

### **EGD/HALO Prep**

Radiofrequency ablation is an endoscopic procedure to treat Barrett's esophagus with dysplasia. Dysplasia is a serious precancerous condition where tissue in the esophagus is diseased and moving toward esophageal cancer. Under anesthesia a specially trained gastroenterologist using a unique instrument that attaches to the endoscope and delivers heat energy to the diseased tissue to eliminate it and prevent esophageal cancer.

### **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:**

You must stop 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 the prescribing physician 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.**

**OVER →**

**\*STOP SGLT-2 INHIBITOR MEDICATIONS 4 DAYS PRIOR TO YOUR PROCEDURE:**

Invokana (Canagliflozin), Farxiga (Dapagliflozin), Jardiance (Empagliflozin), Steglatro (ertugliflozin), Brenzavvy (Bexagliflozin). Failure to stop these medications **WILL** result in a rescheduled procedure per anesthesia.

**1 DAY BEFORE YOUR EGD/HALO:**

- ✓ If you are **diabetic and on oral medication (Metformin, Starlix, Prandin, Glipizide, Tradjenta, Januvia, Nesina, Avandia, Oseni, etc)**: Take only half the usual dose the day BEFORE the procedure. **Do not take** your diabetic medication on the day of your procedure. 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/HALO:**

- You may NOT have any liquids OR solids by mouth. **NO FOOD, FLUID, GUM OR CANDY IS ALLOWED.**
- 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.**
- Bring a list of your current medications.
- You will be asked to remove any dentures/partials, eye glasses, hearing aides, for the procedure.

**POST PROCEDURE**

- You will be on a liquid diet for 24 hours after the procedure then a soft diet for at least a week.
- You will feel uncomfortable after the procedure and medicines will be ordered to help deal with the discomfort.
- Usually, it will take 2-4 treatments depending on the amount of Barrett's in the esophagus. Treatments are scheduled 8-12 weeks apart.