



# STANDARD EGD-GASTROSCOPY PREPARATION GUIDE

## Gastroenterology Consultants

### Reno Endoscopy Center

880 Ryland Street  
Reno, Nevada 89502

### South Meadows Endoscopy Center

10619 Professional Circle  
Reno, Nevada 89521

### For scheduling changes, please call:

**Reno:** (775) 329-4600

**South Meadows:** (775) 852-4848

**Out of Town Patients:** (800) 442-0041

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**Patient Name:** \_\_\_\_\_

**Appointment Date:** \_\_\_\_\_

### Location:

- Reno Endoscopy Center
  - Check-in Time: \_\_\_\_\_
- South Meadows Endoscopy Center
  - Check-in Time: \_\_\_\_\_
- Other: \_\_\_\_\_

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## INTRODUCTION

Please read these instructions at least one (1) week prior to your procedure.

If you have questions about your procedure, please call your procedure facility ahead of time.

## SPECIAL HEALTH CONSIDERATIONS

Contact our office immediately if any of these apply to you and you haven't already discussed them with us:

- You take blood-thinning medications (Coumadin/warfarin, Plavix, Pradaxa, Effient, Eliquis, Xarelto)
- Current heart condition evaluation
- Recent heart procedure within the last 6 months (stent, valve replacement, etc.)
- Chest pain or shortness of breath during activity
- Diabetes
- Kidney disease or dialysis treatment
- Seizure disorder
- History of excessive bleeding during surgery or dental work
- Taking weight loss or diabetes medications such as:
  - **GLP-1 medications** (Semaglutide, Ozempic, Wegovy, Rybelsus, Trulicity, Bydureon, Byetta, Saxenda, Victoza, Adylzin, Zepbound)
    - If taken daily: Stop 24 hours before procedure
    - If taken weekly: Stop 7 days before procedure
  - **Phentermine**: Stop 7 days before procedure

## PREPARATION TIMELINE

### 7 DAYS BEFORE YOUR PROCEDURE:

- Stop GLP-1 medications and Phentermine

### 5 DAYS BEFORE YOUR PROCEDURE:

- Stop fish oil supplements
- Stop oral iron supplements

**THE DAY BEFORE YOUR PROCEDURE:**      **Date:** \_\_\_\_\_

### DIET INSTRUCTIONS:

- Do not eat any solid food after 8pm.
- Start clear liquid diet at 8pm.
- Drink plenty of water and clear liquids all day to prevent dehydration

## **APPROVED CLEAR LIQUIDS:**

- Water
- Clear fruit juices (apple, white grape, white cranberry)
- Gatorade
- Clear broth or bouillon (no bone broth)
- Jell-O (no red, purple, or green; no added fruit)
- Lifesavers
- Popsicles (no red, purple, or green)
- Tea
- Soda
- Ensure CLEAR
- Avoid alcohol

## **PRESCRIPTION MEDICATIONS:**

- Take your normal prescription medications unless advised otherwise.
- Do NOT take Phentermine or GLP-1 medications

**THE MORNING OF YOUR PROCEDURE:    Date: \_\_\_\_\_**

## **6 HOURS BEFORE YOUR PROCEDURE TIME:**

- Stop all clear liquids prior to procedure with the exception of water.

## **4 HOURS BEFORE YOUR PROCEDURE TIME:**

- STOP ALL FLUIDS including water prior to procedure time.
- Nothing to drink until after your procedure

## **DAY OF PROCEDURE REMINDERS:**

- NO SOLID FOODS
- Clear liquids are allowed for up to 4 hours before your procedure (NO coffee)
- Take only necessary medications (blood pressure, seizure medications, etc.)
- NO vitamins, minerals, or herbal supplements
- NO marijuana and/or illicit drug use.
- NO gum, candy, or nicotine pouches.
- **Diabetic Patients:** Take your usual insulin or medication AFTER the procedure, after you've eaten

## **GENERAL INFORMATION:**

- Expect a call from the Endoscopy Center before your procedure
- Bring all completed forms from your GIC Pre-Procedure Packet
- Bring insurance cards and photo ID
- Co-pays and deductibles are due at time of service
- Leave jewelry and valuables at home
- Bring reading glasses and hearing aids if needed
- Bring inhalers if you use them
- **YOU MUST HAVE A DRIVER TO TAKE YOU HOME**
  - Your driver must return NO later than 3:30pm
  - If taking a taxi, you MUST be accompanied by a responsible adult
  - Transportation resources available upon request
- If staying somewhere other than your main residence, please inform our office
- Visit our website at **[www.giconsultants.com](http://www.giconsultants.com)** for more information
- If you think you're having an allergic reaction to the prep solution (rare), contact us immediately or go to the nearest ER

## **SAME DAY QUESTIONS OR CONCERNS ONLY**

Monday thru Friday only (7:00am to 3:30pm); no emergency calls.

- Reno Endoscopy Center: (775) 850-5102
- South Meadows Endoscopy Center: (775) 850-5103
- All Out of Town Patients: (800) 442-0041