

Trinity Health Gastroenterology

Medical Arts Clinic 4th Floor

400 Burdick Expressway East

Minot, ND 58701

Call: 701-857-7437 or Toll Free 1-800-598-1205 Ext 7437

EGD Instructions

5 Days Before the Procedure

- **If you take** Aggrenox (Aspirin/Dipyridamole), Aspirin, Brilinta (Ticagrelor), Coumadin (Warfarin), Effient (Prasugrel), Eliquis (Apixaban), Plavix (Clopidogrel), Pletal (Cilostazol), Pradaxa (Dabigatran), Savaysa (Edoxaban), or Xarelto (Rivaroxaban), call the prescribing physician for instructions about stopping this medication before your colonoscopy. It is not safe to stop these medications without your doctor's advice.
- **Stop** taking NSAID medications (Nonsteroidal Anti-inflammatory Drugs) or Aspirin containing pain relievers, or similar drugs both prescription or over the counter until after the procedure unless directed otherwise by the physician that prescribed the medication for you. See NSAID List.
- Arrange for a responsible adult to drive or accompany you home from your procedure.
- If you are **Diabetic**, see the Diabetic Information Sheet that you were given.

1 Day Before the Procedure

- Do not drink any red or purple liquids
- No alcohol
- **No gum**
- Do not eat or drink anything after midnight the evening before your procedure.

Day of the Procedure

- Brush your teeth but **Do Not** swallow any water.
- **No Chewing Tobacco**

- Take your essential morning medications (**except your oral diabetic medication**) with a sip of water unless otherwise directed by your physician.
- Do not wear any jewelry or nail polish the day of your procedure.
- **If you are Diabetic:** Check your blood sugar more often during the day. Treat **low blood** sugar with a small amount of apple juice, regular soda pop or any clear liquid that contains sugar. You may suck on hard candy that is **not** sugar free to help maintain your blood sugar.
- Call the number listed above (at the top) if you have any questions or need to reschedule your procedure.