

Trinity Health Gastroenterology Same Day Surgery

Trinity Hospital

2305 37th Ave SW

Minot, ND 58701

Call: 701-857-7437 or Toll Free 1-800-598-1205 Ext 77437

Esophagogastroduodenoscopy "EGD"

Date of Procedure: _____

ARRIVAL TIME: _____

Physician _____

- A nurse from Trinity Health Preadmissions may be **calling** you before your scheduled procedure to update your health history and medication list. **It is very important that you read the accompanying information about your upcoming procedure.**
- Review and keep the instructions so that you can have any questions answered before your procedure.
- Check with your insurance company if you have any concerns regarding insurance coverage for this test.
- If you are receiving sedation for your procedure:
Arrange for a responsible adult, age 18 or older, to drive you home from your procedure. If you do not have a driver your procedure will be canceled.
If your driver does not stay with you during your procedure, they must be available to return at any time. Your driver must come to the clinic and drive you home.
If you come by van, taxi, bus, or walk; a family member or friend must accompany you home. We CANNOT discharge you alone.
Driving a car, operating any machinery or power tool is **Prohibited** for **24** hours after your procedure

Pediatric Patients: Patients Under Age 18 Years

- A parent or legal guardian **must remain** at the Trinity Health Gastroenterology Same Day Surgery Dept. the entire time the pediatric patient is here.
- We recommend 2 adults accompany the pediatric patient on the drive home. One adult to drive and one to care for the patient.
- Expect your child to be sleepy and possibly emotional for the remainder of the day.
- Do not bring other siblings with you to the patient's appointment.
- If two children in the family are having a procedure, two adults need to be present.

If you have questions call 701-418-7080. If you need to reschedule, call 701-857-7437.

2 Day Esophagogastroduodenoscopy "EGD" Instructions

14 Days Before the Procedure

- **If you take** Glucagon-like peptide-1 receptor agonists (Ozempic, Trulicity, Rybelsus, Bydureon BCise, Byetta, Victoza, Adlyxin, Mounjaro) for either weight loss or diabetes, **Stop** taking **TWO WEEKS** prior to your procedure. This applies to both the weekly injections AND if taking a daily dose.
 - If taking for diabetes, **consult with your Primary Care provider** to manage antidiabetic therapy and hyperglycemia.

5 Days Before the Procedure

- **If you take** Aggrenox (Aspirin/Dipyridamole), 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 procedure. It is not safe to stop these medications without your doctor's advice.**
- **Do not stop taking Aspirin.**
- If you take fiber supplements or any other medications containing iron, discontinue taking those medications **5 days** before your scheduled appointment. This includes multivitamins with iron.

2 Days Before the Procedure

- All foods consumed on this day should be soft or pureed.

1 Day Before the Procedure

- Begin a Clear Liquid Diet when you wake up - See Clear Liquid Diet Sheet
- Do not eat or drink anything 14 hours prior to your procedure.

Day of the Procedure

- Take your essential morning medications (**except your oral diabetic medication**) with a sip of water unless otherwise directed by your physician
- **No Chewing Tobacco, Gum, Candy, Cough Drops, or Mints**
- **If you eat food, drink liquids, chew tobacco or gum, or eat candy, cough drops or mints on the day of your procedure; it will be postponed or canceled.**
- Brush your teeth but **Do Not** swallow any water.
- Do not apply nail polish, lotion, or powder on the day of your procedure. You may apply deodorant.
- Do not wear any jewelry or body piercings to the procedure.

- Report to registration desk 1st floor of Trinity Hospital at the scheduled arrival time with your responsible adult
- The approximate pick-up time is **3 hours** after you arrive, **this may be sooner**. Your escort should be able to pick you up within **30 minutes** after we call.

Clear Liquid Diet for Gastroenterology Procedures

Foods Allowed:

- Water
- Tea or Coffee (without creamer or milk)
- Broth, bouillon, or consommé
- Flavored water (no red or purple dyes)
- Clear soda
- Apple juice
- Crystal light (no red or purple dyes)
- Lemonade (strained, no pulp)
- White Cranberry Juice
- White Grape Juice
- Gelatin (without fruit, no red or purple dyes)
- Italian Ice not Sherbet (no red or purple dyes)
- Sports drinks (no red or purple dyes)
- Popsicles (no red or purple dyes)

Foods to avoid:

- Avoid Milk and Milk Products
- Avoid all Solid Food
- Avoid Tomato or Cream Soups
- Avoid foods that contain **Red or Purple dye**

Diabetic Information Sheet for Gastroenterology Procedures

If you have diabetes, any procedure that causes you to miss a meal or change your usual meal plan requires special planning to safely manage blood glucose level

- Check your blood glucose level before all meals and at bedtime on the procedure preparation day and on the day of your procedure
- Check your blood glucose at any time you experience any symptoms of **low blood sugar**: hunger, shakiness, nervousness, sweating, dizziness, sleepiness, confusion, difficulty speaking, anxiety, weakness or
- Check your blood glucose at any time you experience any symptoms of **very high blood sugar**: dry mouth, thirst, frequent urination, blurry vision, fatigue, drowsiness, weight loss, increased appetite
- Schedule the procedure appointment early in the day so that you can eat after it and take your medication as close to the usual times as possible
- Call: **701-418-7080** for any prep related questions
- The day before the procedure you will be on a **Clear Liquid Diet**
- The Clear Liquids should not contain **red** or **purple** dyes

Aim for 45 grams of carbohydrates at meals and 15-30 grams of carbohydrates for snacks

Food Items without Carbohydrates

- Fat-free broth, bouillon, or consommé
- Diet clear soda
- Coffee
- Tea, unsweetened or diet
- Seltzer, Flavored water

Food Items with Carbohydrates

- Apple Juice (4 oz) -- 15 grams carbohydrate
- White Grape Juice (4 oz) -- 20 grams carbohydrate
- Sports Drinks (8 oz) -- 14 grams carbohydrate
- Jell-O, Regular, Sweetened -- 15 grams carbohydrate
- Popsicles (refer to product label -- 15 grams carbohydrate
- Italian Ice not Sherbet (refer to product label) -- 30 grams carbohydrate
- Sugar (1 teaspoon or packet) -- 4 grams carbohydrate