



DR HOUGHTON INSTRUCTIONS

Esophagogastroduodenoscopy (EGD)

Have you had a heart attack within the last year?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Do you have any heart or blood vessel (vascular) stents?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Have you had any blood clots within the last year?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Have you recently had a medical procedures done?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Are you on any blood thinning medications such as Plavix (Clopidogrel), Coumadin (Warfarin), Lovenox (Enoxaparin), Eliquis or Pradaxa?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Are you on any diabetes or weight loss medications such as Dulaglutide (Trulicity), Exenatide (Byfureon or Byetta), Semaglutide (Ozempic), Liraglutide (Victoza, Saxenda), Lixisenatide (Adlyxin) or Semaglutide (Rybelsus)?	<input type="checkbox"/> Yes	<input type="checkbox"/> No

7 DAYS BEFORE THE PROCEDURE

- **STOP** all GLP-1 agonist medication such as Ozempic, Rybelsus, Trulicity, Mounjaro, etc. If you take this medication for diabetes, please contact your managing provider for guidance on preventing hyperglycemia.

5 DAYS BEFORE THE PROCEDURE

- **STOP** taking any non-steroidal, anti-inflammatory medication such as Ibuprofen, Motrin, Advil, Naproxen, Aleve, etc. You may continue to take Tylenol.
- Please check with the prescribing physician if on any blood thinners.
- **STOP** taking herbal supplements, such as ginger/garlic pills, ginseng, ginkgo, etc.
- If you are unsure about the medications you are taking, please call your prescribing Doctor's office for clarification.

THE DAY OF THE PROCEDURE

- **NO SOLID FOOD AFTER MIDNIGHT.**
- Clear liquids are okay up to 6 hours prior to procedure start time. See clear liquid guidelines
- **DO NOT** consume anything by mouth (**NO FOOD OR LIQUID**) for at least 6 hours before your procedure.
- Please take your necessary, regularly prescribed medications the morning of the procedure with the smallest amount of water possible (including but not limited to blood pressure or heart medications, anti-seizure medications, acid reflux medications, thyroid medications, etc). Hold other medications, unless

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specified by your Doctor, and please ask if you are unsure which medications should be held.

You are required to arrange a driver for your procedure. You should not work, drive or make any major decisions for up to 12 hrs after your procedure. For your safety, you cannot be released to a taxicab. To avoid cancellation, please ensure you have a reliable driver arranged prior to your procedure date.

FAILURE TO FOLLOW THESE INSTRUCTIONS COULD RESULT IN CANCELLATION OF YOUR PROCEDURE AS WELL AS A \$250.00 FEE.

CLEAR LIQUID GUIDELINES

BLACK COFFEE, HOT OR ICED TEA

(NO ESPRESSO, CREAM OR DAIRY)

7-UP, SPRITE, GINGER ALE

APPLE JUICE OR WHITE GRAPE JUICE

CHICKEN OR BEEF BROTH – NO CREAM OR DAIRY SOUPS

JELLO – LEMON OR LIME ONLY

POPSICLES – LEMON OR LIME ONLY

GATORADE – LEMON OR LIME OR CLEAR ONLY

WATER

IF YOU ARE UNSURE OF SOMETHING, PLEASE FOLLOW THE ABOVE GUIDELINES OR CALL OUT OFFICE WITH QUESTIONS. MONDAY-FRIDAY 8AM-5PM (907) 276-2811

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Thank you for affording us the opportunity to provide you with our healthcare services.

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