



Procedure Date: \_\_\_\_\_ Arrival Time: \_\_\_\_\_

**■ YOUR ADULT ESCORT MUST BE PRESENT AND STAY IN THE HOSPITAL**

An adult companion (family or friend) must drive you home and stay on site during your procedure. **No bus, no taxi, no rideshare alone.** Without an escort, your procedure **will be cancelled.**

**General Information**

You will receive **IV sedation.** You **MUST have an adult escort** (family member or friend) who stays in the hospital during your procedure and drives you home. Public transportation alone (bus, taxi, rideshare without a companion) is not allowed. **Your procedure will be cancelled if your escort is not present.**

Most patients are discharged 3 to 4 hours after arrival. Do not wear nail polish, body lotion, or oils. Remove all jewelry and body piercings before arrival.

**Check-In Location**  
Check in at the **kiosk in front of the Oral Surgery Clinic (2nd floor, main lobby).** Then proceed to the **Endoscopy / ICU waiting area** and have a seat until called.

**Medication Instructions**

**Blood thinners / antiplatelets** (e.g., Coumadin/warfarin, Eliquis/apixaban, Xarelto/rivaroxaban, Plavix/clopidogrel, aspirin): your prescribing provider will give you specific stop dates. Most are stopped **2 to 7 days** before the procedure.

**Blood pressure, seizure, or other essential medications:** take with a sip of water at least **3 hours before** your arrival time.

**HOLD ALL GLP-1 RECEPTOR AGONISTS — 7 DAYS BEFORE PROCEDURE**  
**Stop these medications at least 7 days before your procedure** to reduce the risk of aspiration during sedation. This includes any GLP-1 medication — even if it was **not** prescribed at CRDAMC (for example, Ro, Hims, Hers, Henry Meds, or other online or compounded sources). Common GLP-1 medications include: **Ozempic, Wegovy, Rybelsus** (semaglutide); **Mounjaro, Zepbound** (tirzepatide); **Trulicity** (dulaglutide); **Victoza, Saxenda** (liraglutide). If you are unsure whether a medication you take is a GLP-1, call the Endoscopy Nurse at (254) 553-6547.

**If you have diabetes**

<b>Oral diabetes pills</b>	DO NOT take on the day of your procedure.
<b>Regular insulin (R)</b>	DO NOT take on the day of your procedure.
<b>Long-acting insulin (NPH)</b>	Take <b>half</b> of your prescribed dose on the morning of your procedure.
<b>Lantus, Humalog, 70/30, or other</b>	Contact your prescribing physician for individualized instructions.

**Pre-Procedure Pregnancy Test**  
**Required for women under 55 years old.** Stop by the lab and submit a urine specimen **within 72 hours** of your procedure. The order is already in your chart.  
**Not required** if you have had a hysterectomy, bilateral oophorectomy, or have been in menopause (no menstrual cycle for 12 consecutive months).  
If you think you may be pregnant, please tell the nurse **before** the procedure starts.

**Eating and Drinking Before Your EGD**  
**Day before your procedure:** Eat your normal meals.  
**Stop ALL food and drink at midnight** the night before your procedure.  
**Day of procedure:** Nothing by mouth — no food, water, gum, candy, or mints. Take only your approved morning medications with the smallest sip of water possible, at least 3 hours before arrival.  
**Remove dentures** before your procedure.