



**ALL PATIENTS ARE TO STOP TAKING GLP-1/SEMAGLUTIDE WEIGHT LOSS AND OR DIABETIC MEDICATIONS 7 DAYS PRIOR TO THEIR SCHEDULED PROCEDURE. SEE PAGE 5**

## **EGD INSTRUCTIONS**

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

- Raleigh Endoscopy Center, Cary  
1505 SW Cary Parkway, Suite 202 Cary, NC 27511
- Raleigh Endoscopy Center, Main  
2417 Atrium Drive, Suite 101, Raleigh, NC 27607
- Raleigh Endoscopy Center, North  
8300 Health Park Drive, Suite 210, Raleigh, NC 27615
- WakeMed Cary Hospital  
1900 Kildaire Farm Road, Cary, NC 27518

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### **LOCATION AND ARRIVAL TIMES**

#### **Raleigh Endoscopy Center Patients:**

Please arrive at the endoscopy center **ONE HOUR** prior to your procedure. If your procedure time is 7:30am, please arrive at 6:45am. The endoscopy center opens at 6:45am, please do not arrive any earlier than 6:45am.

#### **WakeMed Cary Hospital Patients:**

WakeMed requires that you arrive **ONE HOUR & 30 MINUTES** before your scheduled appointment time for check in. Example: if your procedure is at 9:30am you will need to arrive at 8:00am for check in.

**Please Read and Follow These Directions Very Closely.**

**Failure to complete prep correctly may result in rescheduling your procedure.**

**CALL CARY GASTROENTEROLOGY IF YOU:**

- 1) Require **ANTIBIOTICS** for invasive procedure.
- 2) Have a **LATEX ALLERGY**.
- 3) Are on a blood thinner (ex: Coumadin, Pradaxa, Xarelto, Eliquis, Arixtra, Plavix, Effient) or if you take more than 81mg of ASPIRIN per day.
- 4) **Are taking any weight loss medications**.  
Your procedure **will be cancelled** if you do not stop weight loss medications 7 days prior to your procedure and you do not have an all clear liquid diet the day before your procedure date.  
**Please read all directions carefully.**

**THE FOLLOWING ARE ABSOLUTE REQUIREMENTS FOR YOUR PROCEDURE:**

- A licensed driver (age 18 and older) **MUST** accompany you at check-in and remain during the entirety of your procedure.
- **Taxis are prohibited. Driving yourself is prohibited.** You cannot walk or ride a bike home. Plan on spending up to 3 hours at the procedure center. Do not bring jewelry or valuables.
- Wear comfortable clothing. **DO NOT** wear contact lenses. Bring warm socks.
- All medical clearances must be in our office prior to your procedure.
- **NOTHING BY MOUTH** 4 hours prior to your procedure.

**IMPORTANT**

All medical clearances must be in our office prior to your procedure. If you have a history of cardiac, respiratory or neurological issues and have not disclosed that information to us prior to scheduling your procedure, call our office immediately. You may require a medical clearance.

## PREP INSTRUCTIONS

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### **7 DAYS PRIOR TO YOUR PROCEDURE:**

Day/Date: \_\_\_\_\_

- **STOP:** Iron supplements, vitamin E., St. John's Wort, Fish Oil and Gingko products.
- **STOP:** Anti-inflammatory drugs (NSAIDS): Ibuprofen, Advil, Motrin, Aleve, Celebrex, Mobic.
- **STOP: ALL GLP-1/SEMAGLUTIDE WEIGHT LOSS/DIABETIC MEDICATIONS – REVIEW PAGE 5**
- TYLENOL may be used freely, including the day of procedure.
- Your physician may ask you to stop blood thinners, including aspirin, between now and 5 days prior to your procedure. Check with Cary Gastroenterology to clarify this.

### **THE DAY BEFORE YOUR PROCEDURE:**

Day/Date: \_\_\_\_\_

#### **If you are NOT taking weight loss/diabetic medications:**

Clear liquid diet starting after dinner; with dinner being no later than 8pm. In addition, you will have nothing by mouth (see below) 4 hours prior to your procedure. Please see below for examples of clear liquids.

#### **PATIENTS ON WEIGHT LOSS/DIABETIC MEDICATIONS**

- (1) As indicated in the instructions starting 7 days before your procedure; you should have **STOPPED all weight loss medications.** If you have not done this, contact us immediately.
- (2) You will have a clear liquid diet **ALL DAY**, the day before your procedure. No exceptions. In addition, you will have nothing by mouth 4 hours prior to your procedure.

**ALL PATIENTS:**

- **DO NOT** drink anything colored red or purple.
- **DO NOT** drink dark colas. (example: Coca Cola, Pepsi)
- **DO NOT** drink milk.
- **DO NOT** drink alcohol.
- **DO NOT** drink coffee.

Approved Sample Clear Liquids
➤ Water, Lemon Gatorade, Sprite, Ginger Ale and or Mountain Dew
➤ Chicken broth or Vegetable broth
➤ Popsicles (without pulp or fruit pieces; no red or purple)
➤ White grape, Apple, or White cranberry juice.
➤ Clear hard candy (lemon drops only)

**PROCEDURE DAY:**

- Please take your blood pressure or heart medications at your normal time with small sips of water only.

**\*\*\*\*\*IMPORTANT\*\*\*\*\***

All patients: You are to have **NOTHING BY MOUTH** beginning **4 HOURS BEFORE YOUR PROCEDURE.**

This includes clear liquids, breath mints, gum and or candies.

**Failure to follow these instructions will result in delay or cancellation of your procedure.**

## **Weight Loss/Diabetic Medications:**

If you are taking any of the following diabetic and or weight loss medications or intend to take any of these medications prior to your scheduled procedure and have not notified us, please contact us immediately at 919-816-4948 option 3 and ask to speak with your doctor's medical assistant.

- Adipex-P/Lomaira (Phentermine)
- Adlyxin / Lyzumia (Lixisenatide)
- Bydureon (Exenatide)
- Byetta (Exenatide)
- Mounjaro (Tirzepatide)
- Ozempic (Semaglutide)
- Rybelsus (Oral Semaglutide)
- Saxenda (Liraglutide)
- Trulicity (Dulaglutide)
- Victoza (Liraglutide)
- Wegovy (Semaglutide)
- Zepbound (Tirzepatide)

**\*\* FOR YOUR SAFETY** – Failure to stop these medications 7 days prior to your procedure **WILL** result in cancellation and rescheduling. Please ensure proper communications with our office if you are taking these medications AND proper preparation for your procedure, following all of our instructions.

If you do have any questions, please call 919-816-4948 and select option 3 .