



ALL PATIENTS ARE TO STOP TAKING GLP-1/SEMAGLUTIDE WEIGHT LOSS MEDICATIONS 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
4225 Macon Pond Road, Suite 100 Raleigh, NC 27607

Raleigh Endoscopy Center, North
8300 Health Park Drive, Suite 210, Raleigh, NC 27615

Raleigh Endoscopy Center, Holly Springs
2061 Ralph Stephens Road, Holly Springs, NC 27540

WakeMed Cary Hospital
1900 Kildaire Farm Road, Cary, NC 27518

Raleigh Endoscopy Center Patients:

Please arrive at the endoscopy center **60 minutes** prior to your procedure.

All patients of Dr. Furs and Dr. Abichandani must arrive **90 minutes** before their procedure.

WakeMed Cary Hospital Patients:

WakeMed will call patients scheduled at their location with the arrival time for their procedure.

Important Pre-Procedure Requirements

If you answer **“yes”** to any of the following, please notify us immediately.

1. If you are required to take any Antibiotics for any invasive procedures.
2. If you have a latex allergy, you must notify the doctor's care team in advance.
3. If you are taking prescribed blood thinners (e.g., Coumadin, Pradaxa, Xarelto, Eliquis, Arixtra, Plavix, Effient) or more than 81mg of aspirin daily, please inform us immediately.
4. If you are taking any weight loss medications, they must be stopped 7 days prior to your procedure. If you started taking any weight loss medications after you originally scheduled your procedure, notify us immediately.

ABSOLUTE REQUIREMENTS FOR RALEIGH ENDOSCOPY CENTER/WAKEMED

These requirements must be followed to avoid cancellation of your procedure:

- A licensed driver (aged 18 or older) must accompany you at check-in and remain at the facility for the duration of your procedure.
- Taxis, ride-shares, walking, biking, or driving yourself are not permitted.
- Plan to spend up to 3 hours at the procedure center. Please do not bring jewelry or valuables.
- Wear comfortable clothes. Do not wear contact lenses. Bring warm socks for your comfort.
- All medical clearances must be received by our office prior to your procedure.
- Nothing by mouth (including water, gum, or mints) for 4 hours prior to your procedure time.

PREP INSTRUCTIONS FOR YOUR EGD

7 DAYS PRIOR TO YOUR PROCEDURE:

Day/Date: _____

- **STOP:** Iron supplements, vitamin E, St. John's Wort, Fish Oil and Ginkgo products.
- **STOP:** Anti-inflammatory drugs (NSAIDS): Ibuprofen, Advil, Motrin, Aleve, Celebrex, Mobic.
- **STOP: ALL GLP-1/QSYMIA 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: _____

- Begin a clear liquid diet after dinner the night before your procedure.
- **THE FOLLOWING DOES NOT APPLY TO PATIENTS WHO ARE ON GLP-1 ONLY TO PATIENTS NOT ON GLP-1 MEDICATIONS.**
Please ensure dinner is no later than 7:00 PM. Please make it a light dinner, nothing heavy.
- You must have nothing by mouth (including water) starting 4 hours prior to your procedure.

If You Are Taking Weight Loss/Diabetic Medications PLEASE READ!

- As noted in your instructions above, you should have stopped all weight loss medications 7 days prior to your procedure. If you have not, call our office immediately.
- If you are on weight loss medications, you must follow a clear liquid diet for the entire day before your procedure — no exceptions. Refer to page 5 for detailed information on this requirement.
- As with all patients, you must have nothing by mouth starting 4 hours prior to your procedure.

ALL PATIENTS:

- **DO NOT** drink anything 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)

Medication Adjustments Prior to Your Procedure

- **Blood Pressure and Heart Medications:** Take these at your normal times with small sips of water, unless otherwise instructed by your physician.
- **Diabetes Medications (Insulin or Oral):** Please consult your physician for guidance. In general, do not take diabetes medications on the day of your procedure, as you will be on a clear liquid diet.
- **Diuretics (Water Pills):** Stop taking diuretics the day before your procedure. Do not take them on the day of your procedure.

IMPORTANT

You are to have **NOTHING BY MOUTH**
beginning **4 hours** prior to your procedure.

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

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

If you do have any questions regarding your prep process,
please call us at 919-816-4948 option 3.

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 that you are on these medications when scheduling, please contact us immediately at 919-816-4948 option 3 and ask to speak with your doctor's medical assistant. All patients who are on these medications are required to go on a full clear liquid diet the day before their procedure.

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

*****FOR YOUR SAFETY*****

Failure to stop the medications listed above 7 days prior to your procedure will result in cancellation and rescheduling: Please ensure you have communicated with our office regarding any medications you are currently taking. It is essential that you follow all preparation instructions carefully to avoid delays or complications. If you have any questions or need clarification, contact our office as soon as possible.

If you do have any questions regarding your prep process,
please call us at 919-816-4948 option 3.