



**These instructions are intended to make sure that your procedure goes as smoothly as possible. Please read through the entirety of this preparation sheet at least 5 days before your procedure and follow the instructions carefully. Failure to do so may result in your doctor missing important findings or having to repeat your procedure.**



PROCEDURE DATE AND TIME:	QUESTIONS	LOCATION OF PROCEDURE
_____	<input type="checkbox"/> McAuley Office 405-749-4247 <input type="checkbox"/> IBD - McAuley Office 405-752-3900 <input type="checkbox"/> Edmond Office 405-340-4937	<input type="checkbox"/> Mercy Hospital Admitting 4300 W. Memorial Rd.   OKC, OK 73120 <input type="checkbox"/> Mercy Outpatient Surgery Center - Edmond I-35 North Building, North Entrance 2017 W. I-35 Frontage Rd.   Edmond, OK 73013
<b>ARRIVAL time is:</b> _____		

### IMPORTANT REMINDERS:

1. You **MUST** bring someone 18 years or older to stay during the procedure and to drive you home. Otherwise, the procedure will not be done.
2. Avoid anti-inflammatory medications or NSAIDs such as Advil, Ibuprofen, Aleve, Naproxen, Mobic etc for **five days** before your procedure. Tylenol is ok.
3. **Medications:**
  - Take all your medications as usual (including blood pressure meds) the day before and the day of your procedure except for the following:
  - For Diabetics:
    - If you are on insulin, take only half of your morning dose the day of your procedure
    - Do not take diabetes pills the morning of your procedure.
  - **IF YOU ARE TAKING BLOOD THINNERS SUCH AS PLAVIX, WARFARIN, ELIQUIS, XARELTO, ETC, PLEASE CONTACT OUR OFFICE FOR DIRECTION ON HOW LONG TO HOLD BEFORE PROCEDURE. YOU DO NOT NEED TO STOP LOW DOSE ASPIRIN (325 MG AND LESS).**

### IMPORTANT DIET INSTRUCTIONS

Our records show that you have been diagnosed with gastroparesis (delayed stomach emptying) or you are currently taking one of the following medications: **Mounjaro<sup>®</sup>, Ozempic<sup>®</sup>, Wegovy<sup>®</sup>, Trulicity<sup>®</sup>, Byetta<sup>®</sup>, Bydureon BCise<sup>®</sup>, Rybelsus<sup>®</sup>, Victoza<sup>®</sup> or Saxenda<sup>®</sup>**. These medications are referred to as GLP1-agonists. They are commonly used in patients with diabetes or for weight loss purposes. As part of the way they work, GLP1-agonists slow stomach emptying and can make you feel full faster while eating.

Before undergoing an upper endoscopy or EGD, it is essential that your stomach is empty. If residual food is leftover, you may end up aspirating while under sedation. This means food from your stomach may end up in your windpipe or lungs and cause trouble breathing and even pneumonia.

While an overnight fast is usually sufficient to ensure stomach is empty, this is **not enough** for patients with gastroparesis or taking GLP1 agonists. **Please follow the instructions below to ensure your procedure is completed safely.**

Day before procedure on: _____	Day of procedure on: _____
<p>1. Avoid fat intake: Consume foods labeled “low fat,” “nonfat,” or “fat-free”. Avoid all high fat, fried or greasy foods.</p> <p>2. Avoid fiber intake: Avoid high fiber foods including wholegrain breads and cereals, fruits and vegetables (particularly with skin, stalks or seeds), nuts and seeds, and legumes (e.g. beans, lentils)</p> <p>3. <b><u>Do not eat ANY solid food after 5 PM.</u></b></p> <p>4. <b>You may still have clear liquids until midnight.</b></p> <p>Allowed Liquids</p> <ul style="list-style-type: none"> <li>- Water, clear sparkling water, sprite, 7-up, Ginger Ale, Mountain Dew, Fresca, Club soda</li> <li>- Powered or bottled sports drinks: Crystal light, Gatorade, Powerade (NO RED OR PURPLE)</li> <li>- Clear Juices (NO PULP): Apple, white grape, lemonade</li> <li>- Popsicles, Jell-o, Hard Candies - NO RED OR PURPLE</li> <li>- Clear broth or bouillon (chicken or beef)</li> <li>- Coffee and tea (NO MILK OR CREAMER OF ANY KIND)</li> </ul>	<p>1. You may have water to drink until time of <b>NOTHING BY MOUTH listed below.</b></p> <p>2. You will be <u>NOTHING BY MOUTH or NPO</u> starting at: <b>FOUR HOURS BEFORE PROCEDURE TIME</b></p> <p><b>**NPO means ABSOLUTELY NOTHING BY MOUTH - including gum, candy, tobacco, water**</b></p>