



EGD PROCEDURE INSTRUCTIONS

Physician: Dr. Pointer // Dr. Sharma

Facility: Southern Endoscopy Center
330 Wallace Rd, Suite 103
Nashville, TN 37211
Phone: (615) 832-5530

Date of Procedure: _____

Arrival Time: _____

***FAILURE TO FOLLOW INSTRUCTIONS WILL RESULT IN A
CANCELLATION AND YOUR PROCEDURE WILL BE
RESCHEDULED***

You will be sedated for this procedure and will not be able to drive, operate machinery, make important decisions, or return to work. Plan to spend up to 4 hours at the facility, times can vary from 45 minutes to 4 hours. You MUST have a driver that is 18 years or older and they will be required to stay at the facility the entire time. They will be required to sign you out at the end of the procedure. If you do not have a driver, your procedure will be rescheduled.

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Before the procedure

- **NO SOLID foods or liquids after midnight**
 - This includes water, gum, mints, and food
- Do not use alcohol or tobacco products for 24 hours before your procedure
- Read all pages provided and call our office if you have any questions (number listed above).
- Make arrangements to have someone drive you to the procedure, stay with you in the center until your procedure is complete, and take you home afterward. You will not be allowed to leave the facility by yourself for your safety. You cannot drive for 12 hours after the procedure.

Day of procedure

- Make sure to not consume **ANYTHING** by mouth!
- Brush your teeth, but do not swallow any water
- Wear loose, comfortable clothing
- Do not wear contact lenses. Wear your glasses instead
- Leave all valuables at home

Medications:

- **Blood thinners**
 - You will be contacted within 9 days with instructions on when to stop this
- **FIBER and IRON** supplements must be STOPPED for 7 days before your procedure
- **NSAIDS**- STOP taking AT LEAST 7 days before your procedure (common names: Aspirin, Aleve, Motrin, Ibuprofen, Advil, Excedrin, BC powder, Meloxicam, and Diclofenac)
- **Blood pressure medications**- DO NOT STOP this, you can take them the morning of
- **Diabetic medications**- UNLESS otherwise instructed by your primary care or endocrinologist
 - Type 2 diabetes:
 - The morning before (when you start clear liquids) take HALF the usual dose of your diabetes medications, including both oral medications and insulin
 - The morning of your procedure: DO NOT take ANY oral diabetes medications such as glipizide or pioglitazone. YOU CAN continue oral metformin.
 - PLEASE CHECK YOUR BLOOD SUGAR THE MORNING OF.
- **Diuretics/water pills**- Please HOLD on the day before your procedure and resume after your procedure, that same day.
 - These may be named: furosemide, hydrochlorothiazide, triamterene/HCTZ
- **GLP-1 Medications**- HOLD for 7 days before your procedure
 - Semaglutide (Ozempic), Rybelsus, Trulicity (Dulaglutide), Saxenda, Bydureon, Victoza (Liraglutide), Byetta (Exenatide), Wegovy, Mounjaro (Tirzepatide), Albiglutide (Tanzeum), Adlyxin (Lixisenatide), Zepbound, Phentermine + topiramate (Qsymia), Phentermine (Adipex-P, Lomira, Fastin, Phentercot
- **Others**- PLEASE TAKE any thyroid, seizure, anti-anxiety, antipsychotic medications, and aspirin 81mg as normal.

WHAT TO BRING:

- Insurance card
- Photo ID
- Medication list
- Co-payment *due at time of service, NO EXCEPTIONS
- **DRIVER- must be 18 years or older.** You MAY NOT use Uber, Lyft, Medride, or a taxi unless someone comes with you IN ADDITION to the driver.

