



Capitol Gastro

Main Location: 12701 Ranch Rd 620 N, Austin, TX O: 512-593-6022 ext 400 F: 512-599-9130

EGD (Esophgogastroduodenoscopy) Prep Instructions

Notify our office if you are:

- ❖ Diabetic
- ❖ Taking Blood Thinners (Arixtra, Coumadin (Warfin/Jantoven), Eliquis, Heparin (Lovenox/Fragmin,/Innohep), Indomethacin, Pradaxa, Savaysa or Xarelto.)
- ❖ You will be instructed to stop your blood thinners 2-7 days prior to your procedure. Please take all other medications as prescribed the morning of your procedure with a small sip of water.

IF YOU'RE DIABETIC:

- ❖ **MONITOR YOUR BLOOD SUGAR CLOSELY**
- ❖ If you are on insulin, take half of your usual even dose the day prior to the procedure. Do **NOT** take any insulin the morning of your procedure. Hold your diabetic medications the morning of the test if you are not on insulin.

7 DAYS BEFORE YOUR PROCEDURE

- ❖ **STOP** all NSAIDs: (Aleve, Advil, Ibuprofen, Motrin, Naproxen) You may take Tylenol.

MIDNIGHT BEFORE YOUR EGD – Nothing solid to eat.

- ❖ **ONLY CLEAR LIQUIDS:**
- ❖ Clear liquid is anything you can hold up to the light and see through.
- ❖ **NOTHING BY MOUTH 3 HOURS BEFORE YOUR ARRIVAL TIME:**
 - *No Smoking, hard candy, gum, or liquid of any kind*
 - Your procedure will be delayed by up to 3 hours if you do.

You may drink:	Do NOT drink:
<ul style="list-style-type: none"> • Gatorade, Powerade (less sugar), Crystal Light Lemonade, Pedialyte, Propel Water, etc. • Coffee or tea (black only) • Carbonated or non-carbonated soda • Fruit-flavored drinks • Apple Juice, white cranberry juice or white grape juice • Jell-O or popsicles (no red or purple) • Broth of any kind 	<ul style="list-style-type: none"> • Alcohol • Milk or non-dairy creamer • Juice with pulp • Any liquid you cannot see through <p>NOTHING PURPLE OR RED</p>

****YOU MUST HAVE SOMEONE TO DRIVE YOU HOME FOLLOWING YOUR PROCEDURE****