



SPECIAL INSTRUCTIONS

Please follow all instructions on this sheet carefully, failure to do so could result in a cancellation or postponing procedure.

No using tobacco or marijuana after midnight prior to procedure!

DIABETIC PATIENTS

If you take insulin (pills or injections) you will take a 1/2 dose the day before the procedure and then you will NOT take any the morning of.

BLOOD THINNERS

If you are taking any blood thinners (I.e. Eliquis, Warfarin, Plavix, etc) please hold those prior to the procedure, our office will let you know how many days to hold.

TRANSPORTATION

You will not be able to drive that day, anyone 18 or older will be fine to drive you home.

Public transportation is not allowed, (i.e. lyft, uber, bus, taxi, or ride-share). Good Shephard (479-283-6285) and Medicaid transportation services are allowed.

GETTING STARTED

If you are taking any type 2 diabetic medications for weight loss (i.e. Mounjaro, Ozempic, Wegovy or Trulicity) please hold for one week prior to procedure.

Do not use chewing tobacco or snuff for 6 hours prior to your arrival to reduce the risk of gastric secretions and aspiration during the procedure.

**** Stop any Phentermine 4 full days prior to your appointment! ****

The day before the procedure

You may eat a normal diet the day before your procedure. **Do not have anything to eat after midnight** the night before your procedure as we will need your stomach to be completely empty to safely proceed with the EGD.

The day of the procedure

You may have clear liquids only on the day of your procedure, but do NOT HAVE ANYTHING TO DRINK FOR A FULL TWO HOURS PRIOR TO YOUR ARRIVAL!

Clear liquids that are okay to have would be things like broth, strained soups, water (flavored is okay), Pedialyte, Gatorade, Powerade, Ginger Ale, Sprite, 7up, coke, apple juice, orange juice (no pulp), coffee (no creamer), tea, lemonade, jell-o, popsicles, icee, slushies, etc.

Please take your heart, seizure, and/or blood pressure medication with a small sip of water early the morning of your procedure.

The procedure will **NOT** be at the GI Alliance office in Springdale. Please go to the North Hills Gastroenterology Endoscopy Center in Fayetteville. The address is 3344 N. Futrell Dr. Suite 3. **Please arrive 45 minutes prior to your appointment time.**

If you have any questions, please feel free to call the scheduling dept. at (479)582-7280, Option 1.