



Allegheny Regional Endoscopy
810 Valley View Blvd. Altoona, PA 16602

EGD and Anesthesia with 24 Hour Clear Liquid Diet

It is especially important that you read this information in its entirety and call to speak with us if you are unsure of any instructions

Failure to comply with the below guidelines could result in the delay and/or cancelation of your procedure without question

Day Prior to Procedure:

The entire day before your EGD, stay on a clear liquid diet.

- No alcoholic beverages are permitted after midnight, on the night before procedures.
- **CHEWING TOBACCO PRODUCTS, NICOTINE POUCHES, SMOKING, VAPING AND INHALATION OF MARIJUANA** (medical and recreational) **ARE PROHIBITED** after midnight, on the night before your procedures. You should also avoid hard candy and chewing gum after midnight.
- Please refer to the personalized medication instructions given to you at your office visit. **It is especially important to take medications for blood pressure and heart function on the day of your procedure.**
- You **MUST** have a driver to sign you out of recovery after anesthesia. You **CANNOT** use UBER, LYFT, Healthride or MediVan unless a responsible party is riding as a passenger with you.
- You may consume CLEAR LIQUIDS **up to 2 hours before your designated arrival time** at our facility.

ACCEPTABLE CLEAR LIQUIDS

- Water Gatorade Jell-O Kool-Aid Broth Popsicles
 - Lemonade Fruit juices (**NO orange juice**) Soda (all)
- Black coffee (no added cream, honey or sugar) Iced tea Hot tea (no added sugar, honey)
- All oral piercings **MUST** be removed – no exceptions!!

- If you experience any of the following between the day of your office visit and the day of your procedure, **please notify us immediately:**

1. A change in health status
2. an ER visit/hospital admission
3. testing or office visit for your heart, lungs, brain

Please call 814-946-5469 Option 7 to report these changes, or if you have any additional questions pertaining to your procedure.

HOLD MEDICATION DAY OF PROCEDURE:

Carafate (Sucralfate)

HOLD MEDICATIONS FOR 1 DAY PRIOR TO PROCEDURE:

Byetta (Exenatide)
Soliqua (Lixisenatide + Insulin)
Victoza/Saxenda (Liraglutide)

HOLD MEDICATIONS FOR 3 DAYS PRIOR TO PROCEDURE:

Brenzavvy (Bexagliflozin)
Farxiga (Dapagliflozin)
Glyxambi (Empagliflozin/Linagliptin)
Inpefa (Sotagliflozin)
Invokana (Canagliflozin)
Invokamet (Canagliflozin/Metformin)
Invokamet XR (Canagliflozin/Metformin XR)
Jardiance (Empagliflozin)
Qtern (Dapagliflozin/Saxagliptin)
Qternmet XR (Dapagliflozin/Saxagliptin/Metformin XR)
Synjardy (Empagliflozin/Metformin)
Synjardy XR (Empagliflozin/Metformin XR)
Steglatro (Ertugliflozin)
Steglujan (Ertugliflozin/Sitagliptin)
Segluromet (Ertugliflozin/Metformin)
Trijardy XR (Empagliflozin/Linagliptin/Metformin XR)
Xigduo (Dapagliflozin/Metformin)
Xigduo XR (Dapagliflozin/Metformin XR)

HOLD MEDICATIONS FOR 7 DAYS PRIOR TO PROCEDURE:

Adipex-P/Lomaira (Phentermine)
Adlyxin (Lixisenatide)
Bydureon (Exenatide)
Mounjaro/Zepbound (Tirzepatide)
Ozempic (Semaglutide)
Qysmia (Phentermine and Topiramate)
Rybelsus
Trulicity (Dulaglutide)
Wegovy

