



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

EGD and Anesthesia

The gastroenterology and anesthesia teams at Allegheny Regional Endoscopy welcome you to our facility. Our intention is for every patient to have a pleasant experience while visiting. For this to occur, it takes teamwork from not only our experienced staff but also from you, our patient. **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.**

Please read each bullet point below and be sure to ask any questions before you leave.

- **YOU MUST** have a driver to sign you out of recovery after anesthesia. **You cannot use UBER, LYFT, Healthride or MediVan.**
- **You may have solid food until midnight the night before your procedure** unless otherwise noted in the instructions given to you at your office visit.
- **You may have CLEAR LIQUIDS up to 2 hours before your designated arrival time and no later.**
- **CHEWING TOBACCO PRODUCTS, 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.
- **ALCOHOL IS PROHIBITED** after midnight, the night before your procedure.
- **All oral piercings** must be removed before all procedures. **NO EXCEPTIONS!**
- If you have been prescribed **Phentermine**, **you must hold this for 7 days prior to your procedure.**
- If you have been prescribed **Ozempic, Trulicity, Bydureon, Byetta, Victoza, Adlyxin, Wegovy, Mounjaro, Zepbound or Rybelsus**, **you must hold these for 24 hours (if oral) and 7 days (if injection) prior to your procedure.**

- 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.***
- ***If you experience any changes in your health, an ER visit or hospital admission, or have any new medical testing ordered and/or completed before the day of your procedure, it is imperative that you notify us immediately so we can review the results. This includes heart, lung and neurological testing, as well as the start of new medications. Please call anesthesia at 814-242-5976 to report these changes.***

ACCEPTABLE CLEAR LIQUIDS

Water Gatorade Jell-O Kool-Aid Broth Popsicles
Lemonade Apple juice White grape juice White cranberry juice Soda (all)
Black coffee (no added cream or sugar) Iced tea Hot tea (no added sugar)

*Please call **814-204-0633** with any procedure questions.

*Please call **814-242-5976** with any medication questions, health updates or anesthesia concerns.
Leave a message if prompted.