



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

## **EGD and Anesthesia**

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 cancellation 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 unless a responsible party is riding beside you.**
- **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.**

## **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)
- **CHEWING TOBACCO PRODUCTS (INCLUDING ALL 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.
- **ALCOHOL IS PROHIBITED** after midnight, the night before your procedure.
- **All oral piercings** must be removed before all procedures as well as any other jewelry. **NO EXCEPTIONS!**

- 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 of the following between now 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.***

***!!PLEASE SEE THE CHART BELOW FOR A LIST OF MEDICATIONS THAT REQUIRE A MANDATORY HOLD PRIOR TO PROCEDURES (SEE NEXT PAGE)!!***

**HOLD MEDICATION DAY OF PROCEDURE:**

Carafate (Sulcrafate)

**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 (Depagliflozin)  
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)  
Tijardy 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