



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

Your EGD is scheduled on:

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.

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 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 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