

PREPARATION FOR EGD and/or EGD with pH STUDY

Patient Instruction Sheet

Patient Name: _____

Exam Date: _____ Place: Bingham Memorial Hospital - 98 Poplar St., Blackfoot, ID 83221

PREPARATION

Nothing to eat or drink after midnight.

As sedation will be given with this procedure, please be sure to have someone available to drive you home.
Please plan on approximately 4 hours for your stay.

Please let us know if they have a nickel or other metal allergy

MEDICATION PREPARATION

- Avoid aspirin for one week prior to the examination. Aspirin may contribute to bleeding problems following biopsy or polyp removal. If prescribed by a physician, please discuss this with the surgeon.
- Avoid other arthritis medications for 72 hours prior to the examination. (These agents may also increase the likelihood of bleeding, but the effect is reversible with the avoidance of the medication for several hours.)
No non-steroidal anti-inflammatory drugs (NSAIDs) such as Ibuprofen, Aleve, Motrin, Advil, Naproxen, or Celebrex.
TYLENOL IS OKAY.
- If you are taking Coumadin, Plavix, Effient, Eliquis or Pradaxa these will need to be held for 2 to 7 days prior to the procedure. Please hold your dose starting on _____.
- Please stop all GLP-1 medications 1 week prior (at least 7 days prior). (ozempic, wegovy, semaglutide, mounjaro, zepbound tirzepatide, etc.)
- If you are taking Phentermine, please discontinue 7 days prior.
- If you take insulin, take your regular dose the day before your procedure, half your dose the night before your procedure and hold your dose the day of your procedure.
- If you take any heart or blood pressure medications, please be sure to take these medications as usual with just enough water to get them down.

For patients having the pH Study

- If you are having a pH Study test done, please follow the acid suppression instructions below:
 1. Stop the following medications 1 week prior to testing: Prilosec (omeprazole), Prevacid (lansoprazole), Nexium (esomeprazole), Aciphex (rabeprazole), Protonix (pantoprazole), Dexilant (dexlansoprazole)
 2. Stop the following medications 72 hours prior to testing: Zantac (ranitidine), Pepcid (famotidine), Axid (nizatidine), Tagamet (cimetidine), Voquezna (vonoprazan)
 3. Stop the following medications 24 hours prior to testing: Maalox, Mylanta, Tums, Roloids, Amphogel, Gaviscon
- If you have persistent pain after the procedure, please call our office for further instruction.
- You should not get an MRI study within 30 days after your procedure.
- Please do not take any acid reducing medications during the testing period.
- Please be prepared to return the pH Study box back to the surgery department at the hospital when the testing is complete.

Same Day Surgery will call to confirm your time of arrival on the day before of your procedure sometime between 9 a.m. and 4 p.m.