**EGD/ERC Prep Instructions**

* You will receive sedation. You must bring an adult to drive you home.
* Nothing to eat or drink after midnight the night before your exam. If your test is scheduled at 11:00 am or later, you may have clear liquids up to 4 hours before your scheduled time. Nothing by mouth after \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
* You may take Heart, Blood Pressure, Thyroid, Reflux, and Seizure medication the morning of your procedure with a small sip of water.
* Hold blood thinner (please ask your physician) days before your procedure. These include, but are not limited to: Aspirin, Ibuprofen, Aleve, Plavix, Pradaxa, Effient, Xarelto, Prasugrel, Eliquis, and Coumadin.
* \* If you are on any diabetic or weight loss medications, you will be on a clear liquid diet the entire day before your scheduled test. These medications include, but are not limited to: Ozempic, Semaglutide, Trulicity, Dulaglutide, Victoza, Liraglutide, Mounjaro, Tirzepatide, Wegovy, Rybelsus, or any other weight loss medications.

**YES, OK TO DRINK- NO RED OR PURPLE**

Water, Soda, Gatorade/Propel (light colors only), Flavored Water without red or purple dye; Tea and black coffee without any milk or cream; Apple juice, white grape juice, lemonade without pulp, white cranberry juice; Popsicles and Jell-O, avoid red and purple; Clear broth/bouillon, cannot contain any solids.

**NO - AVOID THESE- NO RED OR PURPLE**

Alcoholic beverages, Milk, Milkshakes, Cream; Tomato Juice, Purple Grape Juice, Orange Juice; Smoothies, Soup (other than clear broth), Cooked Cereal

If you have questions, please call the office at (865) 523-6418.