

## GENERAL INSTRUCTIONS

1. **Bring an adult driver.** Your driver must be 18 years of age or over and they must stay in the Endoscopy Center. You will be given a sedative for your test, and you are not to drive until the next day. Therefore, one person must stay and drive you home. Your procedure will be rescheduled if your driver cannot stay in the Center.
2. **If you need to reschedule** your procedure, please call your physician's office at least 3-4 days in advance so that we may schedule another patient in your appointment time.
3. **NOTIFY US IN ADVANCE:**
  - If you are taking a **blood thinner** prescribed by a physician (such as Coumadin, Plavix, Effient, Eliquis or Ticlid). Your gastroenterologist will need to determine if these medication dosages require adjustment prior to the procedure. Failure to properly adjust these medications may result in cancellation of your procedure. You may continue to take Aspirin as usual.
  - If you are having **chest pain or undergoing cardiac testing**. (IMPORTANT: Please notify us before you begin to prep for your procedure.)
  - If you have ever had **excessive bleeding after an operation or problems with anesthesia**.
  - If there is a possibility you are **pregnant**.
4. **DO NOT:**
  - Take **iron, diet pills** (Phentermine, Adipex or Qsymia) or **herbal medications** for seven (7) days prior to having your procedure. You may take vitamins.
  - Drink **alcohol** for 24 hours before or after your procedure.
  - Use items such as **gum, hard candy, breath mints, smokeless tobacco, or illicit drugs** such as marijuana on the day of your procedure.
5. If you have **dentures**, you may be required to remove them for the procedure.
6. **Leave your valuables at home.** If you have **body piercings**, you will be asked to remove them prior to the procedure for your safety.
7. If you are a **diabetic**, do not take your diabetic medication the day of your procedure. Bring your medication with you so you can take it after your procedure.
8. If you have **asthma**, please bring your inhaler with you.
9. Take your usual **prescribed medications** with no more than two (2) tablespoons / one (1) ounce of water up to three (3) hours prior to your appointment time.

**IMPORTANT MEDICATION INFORMATION****\*\*\* Hold as Instructed Prior to Procedure \*\*\*****The following medications should be held as instructed prior to procedure:**

Phentermine: Adipex-P, Qsymia, and Lomaira (Daily) – These medications will need to be stopped seven (7) days prior to your procedure.

**GLP-1 Medications**

All GLP-1 medications, including those listed below, will need to be stopped seven (7) days prior to your procedure if you are on a weekly dose or the day of your procedure if you are on a daily dose.

- Dulaglutide: Trulicity (weekly)
- Exenatide: Bydureon (weekly) and Byetta (daily)
- Liraglutide: Victoza (weekly) and Saxenda (daily)
- Lixisenatide: Adlyxin and Soliqua (daily)
- Semaglutide: Ozempic (weekly), Wegovy (weekly) and Rybelsus (daily)
- Tirzepatide: Mounjaro (weekly) and Zepbound (weekly)

For any questions or to reschedule your appointment, please call our office at 901-747-3630. We apologize for any inconvenience this may cause.

**Please call us at 901-747-3630 if you have any questions or if you are having difficulty with the preparation. We are available 24 hours a day, 7 days a week.**