

****PLEASE READ all of the directions thoroughly to ensure you have a successful test. If you do not follow this sheet completely, your procedure may be cancelled, and you will have to go through this process again. *****

1. Follow instructions closely.
2. You **MUST have a driver for the day**. You will be sedated and not be allowed to drive until the next day. TAXI's and UBER's are not allowed. **Your driver will need to arrive with you to sign a form stating where they will be located during and after the procedure.**
3. **STOP** all iron supplements **7 days before** procedure.
4. **STOP** blood thinners Plavix/clopidogrel, Coumadin/warfarin, Brilinta/tricagrelor, Pradaxa/dabigatran, Pletal/cilostazol and Effient/prasugrel **5 days before** the test.
5. **STOP** blood thinners Xarelto/rivaroxaban and Eliquis/apixaban **2 days before** the test (48 hours).
6. **STOP** Advil, Aleve, Naproxen, Mobic (meloxicam) or any other anti-inflammatory meds **3 days before**. Tylenol (acetaminophen) is fine to take. You may continue taking your aspirin.
7. **STOP** all GLP-1 injections (weight loss shots) and **once a week insulin shot** for **7 days before** test

*This includes injections of Mounjaro (tirzepatide), Zepbound, Ozempic (semaglutide), Wegovy, Victoza (liraglutide), Trulicity (dulaglutide), and Ryblesus (semaglutide), Saxenda (liraglutide)- **Stop 7 days before**.
8. **STOP** weight loss tablets such as Adipex (phentermine) **7 days before** test.
9. **STOP** GLP-1 tablets such as Rylesus (semalutide) and Wegovy (semalutide) tablets **2 days before** the test.
10. If you see a **cardiologist every 3-6 months OR have any upcoming heart tests or appointments**, please notify the scheduler to ensure we can get a cardiac clearance in time.
11. We ask that **if you need to reschedule, please do at least 96 hours before your test** or there is a \$100 no show fee. If you do not show up for your appointment, you may need to pay the \$100 fee before you are rescheduled.

To prepare for the test:

NOTHING BY MOUTH AFTER MIDNIGHT

- No gum, No water, No mints, No nicotine pouches, No food of any kind.
- You may take your heart, blood pressure, seizure, and/or anxiety medications in the morning, with a SIP water before 7 am, if you normally take them in the morning.
- If you are on insulin, check your blood sugar and follow insulin protocol sheet that is attached for further instructions.
- You may brush your teeth, just spit out the water.

Other important information:

- You will need a driver for the day because you will be sedated. Bring only ONE person with you. TAXI's and UBER's are not an acceptable form of transportation any may result in your procedure being rescheduled.
- Your driver will need to join you at check in to sign a form declaring where they can be located during and after the test.
- If you wear dentures, you will be asked to remove them right before the procedure, so DO NOT use adhesive on the day of your procedure.
- Bring an updated list of your current medications to ensure we have it accurate in your chart.
- DO NOT SMOKE, VAPE OR DIP on the day of your procedure. THIS IS VERY IMPORTANT!!!
- Because your doctor individualizes the care for every patient, you may expect to be at the Endoscopy Center for 2 to 4 hours.
- Please leave your jewelry at home, otherwise you will be asked to remove it upon arrival. Oral and nasal jewelry must be removed; you may keep hearing aids in.
- Please bring CPAP machine if you have sleep apnea * If you have the Inspire implant for sleep apnea, please bring the remote with you.

Our outpatient Endoscopy Center is located at 1206 Office Park Drive, Oxford, MS

If you have any questions, please do not hesitate to contact our office at 662-234-9888 (press 4) or 1-800-489-0988

Please do not enter the building if you have any covid symptoms such as fever, cough, sore throat, or loss of smell / taste. Please call us to reschedule. Also call to reschedule if you have been exposed to someone who has tested positive to covid in the last 14 days.