



GASTROINTESTINAL

ENDOSCOPY INSTRUCTIONS

Lincoln Hernandez, MD.

Tel: 212-795-1021

Address: 2 BENNETT AVE, 2ND FLOOR, NEW YORK, NY 10033 (GPDDC)

➤ **YOU SHOULD STOP BLOOD THINNERS LIKE COUMADIN (WARFARIN), PLAVIX (CLOPIDOGREL), AGGRENOX, ELIQUIS, BRILLINTA, TICLID, XARELTO AND PRADAXA AS PRESCRIBED BY THE DOCTOR.**

➤ **If you take medications such as Wegovy, Ozempic, Trulicity, Mounjaro, Saxenda, Victoza, Rybelsus, and Byetta.**

These medications are widely prescribed to treat diabetes and to promote weight loss. These medications decrease gastric emptying, and food can remain in the stomach for longer than someone who is not taking these medications. This can pose an increased risk of regurgitation and pulmonary aspiration (stomach contents ending up in lung) during the procedure.

Patients will need to be off these medications for two doses prior to procedure.

Please consult your PCP or prescribing MD to determine if it is safe to be off these medications for this duration (two doses prior to procedure), and to manage your condition while not taking these medications.

If you are taking these medications weekly, stop one week prior to your procedure (2 doses).

If you are taking these medications daily, two doses will be at least 3 days.

➤ **The day of your procedure you should take your blood pressure medications including Aspirin two hours prior to your procedure; if you take diabetes medications do not take them unless authorized by the Doctor.**

YOU SHOULD HAVE SOMEONE TO PICK YOU UP AFTER THE PROCEDURE; IF YOU DO NOT HAVE ONE YOUR PROCEDURE WILL BE RESCHEDULED.

➤ **You can eat normal food the day before your procedure until MIDNIGHT.**

THE DAY OF YOUR PROCEDURE, YOU MAY NOT EAT SOLID FOOD, DAIRY PRODUCTS, OR RED COLORS.

You can have a clear liquid diet up to **4 hours before** your procedure; these liquids could be:

- Apple and Lemon juice
- Coconut water
- Chicken or beef broth
- Seven Up, Ginger ale, Sprite, seltzer water
- Gatorade (Orange or lime)
- Coffee, water, or tea.

AFTER YOUR PROCEDURE

- **You should inform your doctor if experience Fever above 100 °F, Abdominal pain, or Rectal bleeding; Call at 911 or 212-795-1021.**