



**8424 Naab Road, Suite 3J
Indianapolis, IN 46260
Phone: (317) 872-7396
Fax: (317) 879-8328
Toll Free 1-866-327-2465**

Diabetic/Weight Loss Injectable/Oral Medications (GLP1/GIP)

If taken daily:	STOP
Rybelsus/Semaglutide	1 day
If taken weekly:	STOP
Byetta/Bydureon/Exanetide	1 week
Saxenda/Victoza/Liraglutide	1 week
Wegovy/Ozempic/Semaglutide	1 week
Trulicity/Dulaglutide	1 week
Mounjaro/Tirzepatide	1 week
Soliqua/Lixisenatide/Insulin glargine	1 week
Xultophy	1 week

Please report to:

- _____ Northside Endoscopy Center
8424 Naab Road STE 3G
Indianapolis, In 46260
- _____ St. Vincent Hospital 86th St
Endoscopy Center
Entrance #1
2001 West 86th Street
Indianapolis, In 46260
- _____ St. Vincent Hospital Carmel
Digestive Health Center
Entrance #1
13500 North Meridian Street
Carmel, In 46032

Please check in at: _____

Your procedure is scheduled for: _____

If you need to cancel your procedure for the next day and it is after hours, please call 317.872.7396 and leave a voicemail. **If you need to reschedule**, please call 317.872.7396 **during business hours** and choose the option for scheduling.

Daily Medications

If you are taking a medication for pain, high blood pressure, seizures, asthma, thyroid disease, irregular heartbeat, or if you are taking prednisone, you may take these medications with a small **sip** of water, 4 hours prior to your procedure.

If you use an inhaler on a regular basis, please use your inhaler the morning of the procedure and bring it with you.

Prescription medications and when to discontinue before procedure. Please check with your prescribing physician before you stop your medication.

Blood Thinners

Coumadin/Warfarin	STOP 5 days
Plavix/Clopidogrel	5 days
Effient/Prasugrel	5 days
Eliquis/Apixaban	3 days
Brilinta/Ticargelor	3 days
Savaysa/Edoxaban	3 days
Xarelto/Rivaroxaban	2 days
Pradaxa/Dabigatran	2 days
Aspirin/Baby Aspirin/NSAID's	Continue

Diabetic Medications

Jardiance/Empagliflozin	STOP 3 days
Farxiga/Dapagliflozin	3 days
Invokana/Canagliflozin	3 days
Brenzavvy/Bexagliflozin	3 days

If you have diabetes

You know your blood sugar levels better than anyone, please check your glucose level often during your prep.

- If you take a pill to lower your sugar, do not take it on the day of your procedure.
- If you are taking short acting insulin, do not take it on the day of your procedure.
- If you are taking long-acting insulin, take half of your prescribed dose on the morning of or the night before your procedure.
- If you have any questions, please contact your prescribing physician for instructions.

Preparation

Your doctor has scheduled you for an upper endoscopy. To have a successful upper endoscopy your stomach must be clear of any food or liquid. This allows your doctor to see your entire stomach. It is extremely important to follow these preparation instructions.

You are to have ABSOLUTELY NOTHING to eat, drink, smoke, or chew 4 hours prior to your procedure time.

From midnight until _____ am you may have clear liquids only.

Failure to follow these instructions and eating solid foods the day of your procedure will interfere with the test and will lead to the cancellation of your procedure.

Clear Liquid Diet

The following are approved clear liquids you may have:

- Apple juice
- 100% Cranberry juice (ok because it is naturally red)
- White grape juice
- Propel fitness water (any flavor)
- Gatorade (clear or lemon lime)
- Any flavor water packet (no artificial red or orange coloring)
- 7-UP/Sprite/Starry
- Black coffee **NO MILK OR CREAMER**
- 99% Fat free chicken/beef broth (canned)
- NO** bouillon cubes
- Jell-O (**NO** red or orange)
- Popsicles (**NO** red or orange)
- NO ALCOHOL**

If you need a caffeinated beverage to prevent headache, please drink only a minimal amount. This includes coffee, tea, soda/diet soda, ok even if dark in color. **Do not** make it the majority of your liquids.

Must read

- You **MUST** have an adult companion (family member or friend) to take you home. You are not allowed to drive or leave the facility alone. Public transportation by yourself (bus, taxi, Uber/Lyft) is not allowed.
- Your procedure will be canceled if you do not have a responsible adult to take you home.**
- Please bring your photo ID, insurance cards, and forms included in your packet on the day of the procedure. If you have a living will or advanced directive, please bring a copy with you as well.
- You will be receiving IV (intravenous) sedation.
- The actual procedure will last approximately 30 minutes, but you must remain in the recovery area until you recover from sedation.
- Please do not bring any jewelry or other valuable items with you.
- A form of payment required to pay your deductible/co-pay. **We accept Visa, MasterCard, Discover, cash, and check.**
- You should contact your insurance company to see how this procedure will be paid. You will be responsible for a facility bill, a physician's bill, an anesthesia bill, and if a biopsy is done, a pathology bill. If your insurance fails to pay, you will be responsible for payment.
- If you have any questions** concerning your procedure or the above instructions, please call 317.872.7396. For frequently asked questions regarding your preparation, please refer to our website www.northsidegastro.com.