



Trinity Medical Multi-specialty Group

Upper Endoscopy (EGD) and/or Endoscopic Ultrasound (EUS) prep Instructions

ARRANGE FOR A DRIVER: YOU WILL NEED A RESPONSIBLE ADULT TO DRIVE YOU HOME AFTER YOUR PROCEDURE. You will not be allowed to drive yourself home due to the sedation that you will be given. Small children are not allowed in the surgery center waiting room and drivers will be asked to wait in their car.

If you find it necessary to change or cancel your appointment, you must do this at least 7 working days prior to your appointment or you will be charged a **\$200** cancellation fee. Please call our office Monday – Friday, 8AM to 4PM at 951-517-0906 if you need to change or cancel your appointment. Follow the prompts for First Surgery Center scheduling.

Your procedure will be performed at:

First Surgery Center
31625 De Portola Rd. Suite #102
Temecula, CA 92592 *** Phone: (951) 517-0906

Instructions:

- **MIDNIGHT BEFORE YOUR APPOINTMENT:**
Do not have anything to eat after midnight. You may have water up to 4 hours before your appointment. You may take any necessary medications with a small sip of water with the exception of insulin or blood thinners
- **PROCEDURE DAY:**
You may have water up to 4 hours before your appointment. No other food or liquids

One week before the procedure:

1. **STOP** using **iron**, herbals and any fish oil supplements. Preferably we also advise you to stop any non-steroidal anti-inflammatory medications like ibuprofen, motrin, aleve, naprosyn for 5 days prior to your procedure. Celebrex and Tylenol are okay.
2. If you take **Coumadin, Lovenox, Plavix, Effient, Brillinta, Ticlid, Persatine** or any medication that thins your blood please follow up with us as you may need to stop these medications 3-7 days before your procedure.
 - **Lovenox** (Enoxaparin) - **12 hours prior to procedure**
 - **Aggrenox** (Aspirin-Dipyridamole)- **48 hours prior to procedure**
 - **Eliquis** (Apaxiban)- **48 hours prior to procedure**
 - **Pradaxa** (Dabigatran Etexilate) - **48 hours prior to procedure**
 - **Xarelto** (Rivaroxaban) - **48 Hours prior to procedure**
 - **Warfarin** (Coumadin)- **3 days prior to procedure**

- **Brillianta (Ticagrelor) - 5 days prior to procedure**
- **Effient (Prasugrel) – 7 days prior to procedure**
- **Plavix (Clopidogrel)- 7 Days prior to procedure**
- **Aspirin- you do not need to stop.**

3. IF YOU TAKE GLP-1 AGONIST MEDICATIONS FOR TYPE 2 DIABETES OR WEIGHT LOSS, YOU MUST HOLD THESE MEDICATIONS FOR ONE FULL WEEK PRIOR TO YOUR PROCEDURE DATE.

GLP-1 AGONIST MEDICATIONS:

- Ozempic
- Wegovy
- Mounjaro
- Trulicity
- Rybelsus
- Victoza
- Byetta
- Saxenda
- Tirzapetide
- Semaglutide
- Retatrutide

1. Diabetics please follow below:

- **Lantus or Long Acting Insulin:** Take only ½ the dose at **midnight before** your procedure. **Bring insulin in with you day of procedure**
- **Glimperide (Amaryl):** Hold day of procedure
- **Glucotrol (Glipizide):** Hold day of procedure
- **Glucophage (Metformin):** Hold day of procedure
- **Actos (Pioglitazone):** Hold day of procedure
- **Invokana (Canaglifozin):** Hold day of procedure
- **Januvia (Sitagliptin):** Hold day of procedure

What to bring

1. Insurance card, ID card and credit card or other form of payment if your insurance requires you to pay a co-pay.
2. Completed forms (if applicable) for the endoscopy center.
3. A list of all your prescription and over the counter medications
4. A responsible adult to take you home after the procedure
5. Warm socks for the procedure and flat shoes for after the procedure
6. Please avoid wearing contact lenses or bring jewelry/valuables

DO NOT BRING LARGE BAGS OR BACKPACKS TO YOUR APPOINTMENT