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DIGESTIVE HEALTH

Upper Endoscopy Prep

Endoscopy Preparation Timeline

Check boxes ☐ as you progress!



If You Take GLP-1 or SGLT-2 Medications

IMPORTANT: Read this first if you take certain diabetes or weight loss medications. This only applies to: **GLP-1 medications** (such as Ozempic, Wegovy, Trulicity, Rybelsus) or **SGLT-2 medications** (such as Invokana, Farxiga, Jardiance, Steglatro).

If you take these medications:

☐ **STOP your medication** as directed on the last page (GLP-1 or SGLT-2 Medication Holds)

☐ **Start a CLEAR LIQUID DIET 24 HOURS before your procedure**

- *This is earlier than the night before instructions (11:45pm)*
- *Example: If your procedure is at 8:00am, start clear liquids at 8:00am the day before*

☐ Go to the **"Day of Procedure"** section for next steps



Night Before the Procedure

☐ Stay well-hydrated.

☐ **STOP** eating solid foods at **11:45PM** and begin clear liquid diet (only liquids you can see through).

For additional details on following a clear liquid diet, please visit https://www.mngi.com/conditions/clear-liquid-diet



Day of Procedure:

☐ **NO SOLID FOOD**. Clear liquids **ONLY**

☐ **DO NOT HAVE:** dairy (including coffee creamer), alcohol, oils, or pulp

☐ **DO NOT USE:** chewing tobacco, THC, marijuana, or illicit drugs.

☐ **DO NOT TAKE:** any chewable vitamins or supplements.

☐ Take your morning medications with sips of water **at least 3 hours prior** to your procedure.

- This includes heart and blood pressure medications, blood thinners (if you have not been told to stop these by our office), methadone, and anti-seizure medications.

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3 Hours Before:

☐ **STOP** consuming all liquids. **NOTHING BY MOUTH** until after the upper endoscopy.

If you have questions, contact our office at 612-871-1145.

GLP-1 or SGLT-2 Medication Holds

Please read this section **only if you take one of these medications for weight loss or diabetes.**

GLP-1 Medications
Daily injections (such as Victoza):
Stop the **day before and the day of your procedure**

Weekly injections (such as Trulicity, Ozempic, Wegovy, Bydureon, Mounjaro):
Stop **7 days before your procedure**

Oral tablets (such as Rybelsus, Wegovy, Foundayo):
Stop **7 days before your procedure**

SGLT-2 Medications
Oral tablets (Such as Invokana, Farxiga, Jardiance, Steglatro):
Stop **4 days before your procedure**

If you take GLP-1 or SGLT-2 medicines for diabetes:
Call your primary care provider or diabetes doctor (endocrinologist) for blood sugar instructions

Holding these medications and following a clear liquid diet helps keep you safe during your procedure and helps prevent cancellation.

For additional details on following a clear liquid diet, please visit
https://www.mngi.com/conditions/clear-liquid-diet

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Additional Information:

- **Prep Information:** https://www.mngi.com/endoscopy-info
- **Appointment Changes:** If you are having symptoms of a cold or flu (such as fever, cough, shortness of breath) within 14 days of your appointment, please call to reschedule. If you have any newly diagnosed medical conditions (like diverticulitis, heart problems, or breathing problems), please call our office. If you need to cancel or reschedule for any other reason, call 612-871-1145 at least 72 hours prior to your appointment.
- **Responsible Person Requirement:** Ensure you have a companion with you for check-in, discharge, and transportation.
- **Questions?** For answers to frequently asked questions about your visit, you can go to https://www.mngi.com/patient-procedure-faqs

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