

Upper Endoscopy (EGD) Prep

Endoscopy Preparation Timeline

Check boxes ☐ as you progress!



If You Take GLP-1 or SGLT-2 Medications

Please read this section **ONLY** if you take a GLP-1 or SGLT-2 medication for weight loss or diabetes. If you do not take these medications, skip to the next section titled **"Night Before the Procedure."**

- If you take any of these medications, begin a clear liquid diet **24 hours before your procedure**. Refer to the section **"GLP-1 or SGLT-2 Medication Holds"** on the last page for impacted medications and hold instructions.
- After reviewing hold instructions, proceed to **"Day of Procedure"** section



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 the Procedure

- ☐ Continue clear liquid diet **ONLY**.
- ☐ 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.
 - DO NOT take any chewable vitamins or supplements.
- ☐ **DO NOT** use chewing tobacco, THC, marijuana, or illicit drugs.



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.

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GLP-1 or SGLT-2 Medication Holds

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

Medications Impacted:

- **GLP-1 medications:** Ozempic, Wegovy, Trulicity, Rybelsus, Saxenda, Byetta, Mounjaro, or similar
- **SGLT-2 medications:** Invokana, Farxiga, Jardiance, Steglatro, or similar

If you take these medications for diabetes, then you need to contact your primary care team or endocrinologist for glucose management instructions.

Instructions:

- If you are taking any of these medications, begin a **clear liquid diet 24 hours before your procedure.**

GLP-1 Agonists

- **Once or twice daily injectables** (e.g., Byetta, Victoza, Saxenda): Hold the day before and the day of your procedure.
- **Once weekly injectables** (e.g., Trulicity, Ozempic, Wegovy, Bydureon, Mounjaro): Hold for 7 days before your procedure.
- **Oral daily dosing** (e.g., Rybelsus): Hold for 7 days before your procedure.

SGLT-2 Inhibitors

- **Invokana, Farxiga, Jardiance, Steglatro:** Hold for 4 days before your procedure.

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



Additional Information:

- **Prep Information:** <https://www.mngi.com/endoscopy-info>
- **Appointment Changes:** Reschedule if experiencing flu-like or respiratory symptoms, or if you have newly diagnosed medical conditions.
- **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>