

POEM Prep

PREPARATION: For your safety, **STOP** consuming all liquids and nothing by mouth 6 hours prior to your procedure or your procedure will be cancelled and rescheduled. Please follow detailed instructions below.

Important, please review this section if you take a medication called a GLP-1 agonist (such as Ozempic, Weygovy, Trulicity, Rybelsus, Saxenda, Byetta or others) or an SGLT-2 Inhibitor (Invokana, Farxiga, Jardiance, Steglatro) for weight loss or diabetes. If you take these medications, then you should hold your medication according to the following guidelines:

GLP-1 Agonists (Ozempic, Weygovy, Trulicity, Rybelsus, Saxenda, Byetta or others):

- For once or twice daily injectables (example Byetta, Victoza, Saxenda), hold the day before and day of the procedure.
- For once weekly injectables (example: Trulicity, Ozempic, Weygovy, Bydureon, Mounjaro), hold for 7 days before the procedure.
- For oral, daily dosing (example: Rybelsus), hold for 7 days before the procedure.

SGLT-2 Inhibitors (Invokana, Farxiga, Jardiance, Steglatro):

• Hold for 4 days before the procedure

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

Cancel or Reschedule Your Appointment:

If you are having flu-like symptoms (such as fever, cough, shortness of breath) within 14 days of your appointment please call to reschedule. If you have any newly diagnosed medical condition (like diverticulitis, heart problems, 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.



2 DAYS BEFORE:

STOP eating solid foods and begin a clear liquid diet at 11:45pm two (2) days (at least 48 hours) prior to your procedure. See "Clear Liquid Diet" information below.

1 DAY BEFORE:

• Continue clear liquid diet

DAY OF YOUR PROCEDURE:

- Your doctor will instruct you regarding any prescription medications you take.
- **DO NOT** eat any solid food, use any chewing tobacco, THC, marijuana or illegal drugs. **If you do, your procedure will be cancelled.**
- Stay on clear liquid diet (no red). See "Clear Liquid Diet" information below.

6 HOURS BEFORE YOUR PROCEDURE:

- DO NOT take anything by mouth.
 - DO NOT have: lozenges, gum, hard candy, or breath mints. <u>If you do, your procedure will be cancelled.</u>

Clear Liquid Diet

- For more details on following a clear liquid diet, please see https://www.mngi.com/conditions/clear-liquid-diet.
- Clear liquids are anything that you can see through (NO red).
- Examples of a clear liquid diet include: water, clear broth or bouillon (gluten-free options available), Gatorade, Pedialyte or Powerade, carbonated and non-carbonated soft drinks (Sprite, 7-Up, Ginger ale), clear juices (apple, white grape, white cranberry), Jell-O, popsicles, and up to one (1) 8 fl. oz. cup of dark soda, black coffee or tea (no milk or cream) each day.
- <u>DO NOT use or drink the following on a clear liquid diet:</u> red liquids, alcoholic beverages, dairy products, protein shakes, cream broths, juices not listed above, products that have oil, or chewing tobacco. <u>If you do, your procedure will be cancelled.</u>

For detailed information about your procedure please visit https://www.mngi.com/search/patient-services