

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: Read this section if you take diabetes or weight loss medications. This includes **GLP-1** medications (Ozempic, Wegovy, Trulicity, Rybelsus, others) or **SGLT-2** medications (Invokana, Farxiga, Jardiance, Steglatro).

If you take these medications:

- ☐ **STOP** your medication according to the guidelines in this section
- ☐ **Start a CLEAR LIQUID DIET at least 24 HOURS before your procedure**

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.

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 conditions (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 YOUR PROCEDURE:

- ☐ **STOP** eating solid foods at **11:45 PM**
- ☐ **BEGIN** clear liquid diet (only liquids you can see through-no red)
 - ☐ See “Clear Liquid Diet” information below.

1 DAY BEFORE YOUR PROCEDURE:

- ☐ **DO NOT EAT:** any solid food. Clear liquids **ONLY**
 - ☐ See “Clear Liquid Diet” information below.

DAY OF YOUR PROCEDURE:

- ☐ **DO NOT EAT:** any solid food. Clear liquids **ONLY**
- ☐ **DO NOT HAVE:** dairy (including coffee creamer), alcohol, oils or pulp
- ☐ **DO NOT USE:** chewing tobacco, THC, marijuana, or illegal drugs
- ☐ **DO NOT TAKE:** any chewable vitamins or supplements.

If you do not follow instructions, your procedure may be cancelled

- ☐ Your doctor will instruct you regarding any prescription medications you take

6 HOURS BEFORE YOUR PROCEDURE:

- ☐ **DO NOT** take anything by mouth.
- ☐ **DO NOT HAVE:** lozenges, gum, hard candy, or breath mints. **If you do, your procedure will be cancelled.**

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.
- **DO NOT use or drink the following on a clear liquid diet:** red liquids, alcoholic beverages, dairy products, protein shakes, cream broths, juices not listed above, products that have oil, or chewing tobacco. **If you do, your procedure will be cancelled.**

For detailed information about your procedure please visit:

<https://www.mngi.com/search/patient-services>