

# PEG Placement Prep

## THE NIGHT BEFORE YOUR PROCEDURE:

- STOP** eating solid foods at **11:45pm**
- BEGIN** clear liquid diet (only liquids you can see through- no red)
  - 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 these instructions, your procedure will be cancelled

- You may take daily medications **6 hours BEFORE your procedure**. Use a small sip of water only.
  - This includes:
    - Heart and blood pressure medications
    - Blood thinners (**unless you were told to stop**)
    - Methadone
    - Anti-seizure medications

## 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.**

## **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.

## **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>