

PEG Placement Prep

1 DAY BEFORE:

- **STOP eating solid foods at 11:45 pm.** Begin Clear Liquid Diet (no red). See “Clear Liquid Diet” information below.

DAY OF YOUR PROCEDURE:

- **DO NOT** eat any solid food or 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.
- If you take daily medication, you may do so up until 6 hours before.
 - 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.

6 HOURS BEFORE:

- **STOP** consuming all liquids
- **DO NOT** take anything by mouth

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.

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>