

These instructions have an **altered diet** and are specifically for patients with gastroparesis, achalasia, or those who are on GLP-1 inhibitors (Trulicity, Ozempic, Mounjaro, Wegovy, Zepbound, etc.)

✓ What Is an EGD (Endoscopy)?

- A procedure to examine the **esophagus, stomach, and small intestine** using a flexible tube with a camera.
- You will receive IV **sedation**, so you will feel sleepy and relaxed during the procedure.

 **Diet Instructions** **If you do not follow this diet, your procedure will be rescheduled.*

UNTIL 9am the day <i>before</i> your procedure	
Approved	*Sodas, clear juices with no pulp, coffee/tea (may add creamer before 9am), yogurt or pudding (white or yellow flavors), broth, Jello or popsicles (no red/blue/purple) *Farina, grits, oatmeal, or cream of wheat (may add honey, sugar, or syrup but no chunks of fruit), creamed soups (strained, NOT tomato), pureed applesauce *Cooked eggs, milk/milk substitutes like almond milk, vanilla or white protein shakes/powders, smooth peanut butter/nut butters, very ripe bananas
AVOID	Red/blue/purple liquids, juice with pulp, meat, bread, pasta, rice, cheese, fruits and vegetables (except ripe bananas)

AFTER 9am the day <i>before</i> your procedure, continue on procedure day until 2 hours prior	
Approved	CLEAR LIQUIDS ONLY: sodas, <i>clear</i> juices with no pulp, sports drinks, popsicles, Jello, broth, black coffee/tea, Ensure <i>Clear</i> or Boost <i>Breeze</i> , water/flavored water, sugar or sugar substitutes in coffee/tea
AVOID	*Red/blue/purple liquids, dairy, creamers, honey, juices with pulp, anything with fat *Do NOT eat solid food.

Beginning 2 hours <i>before</i> your procedure time	
Nothing by mouth — no food or drink. No gum, candy, or mints. Take medications with water , if needed, at least 2 hours before your procedure.	

Important: You Must Bring a Driver

- You **must have a responsible adult (18+)** to drive you home.
- No driver = **procedure will be rescheduled.**
- Your drop off driver can be a different person than your pick up driver.
- Your pick up driver must remain within **20 minutes** of the facility and sign you out afterward.

Medication Instructions

- Most medications can be taken as usual.
- **Important:** Check page 3 of your packet to see if *any of your medications need to be adjusted*.

Contact Information

- **To Cancel:** Text (984) 974-5050
- **To Reschedule:** Call (984) 974-5050 → Option 1 → then Option 2
- **Questions?** Call the nurse line and leave a message: (984) 974-5052 (M–F, 8 AM–4 PM)
- **Urgent after-hours issue?** Call UNC operator at (984) 974-1000 and ask for the “On-Call GI Fellow”
- **Emergency?** Call 911

Reminders


- Review your full instruction packet (especially diet and meds).
- Bring your driver and arrive on time.
- Plan to be at the clinic for **up to 4 hours** total.
- You’ll be monitored and will discuss the procedure and results before going home.

Your Location May Be:

1. **UNC Memorial Hospital** – 101 Manning Dr., Chapel Hill, NC
(Dogwood Parking Deck or valet) **Take elevators down to basement level.**
2. **UNC Hillsborough Campus** – 460 Waterstone Dr., Hillsborough, NC (**second floor**)
3. **UNC GI Endoscopy Center (Meadowmont)** – 300 Meadowmont Village Cir., Suite 302, Chapel Hill, NC (**third floor**)

MEDICATION GUIDE FOR EGD

Medication Type/Examples	Day Before EGD	Day of EGD
Aspirin (81mg or 325mg)	✔ Take as normal	✔ Take as normal
Over-the-counter Pain Meds (Ibuprofen, Tylenol, etc.)	✔ Take as normal	✔ Take as normal
Levothyroxine (Synthroid)	✔ Take as normal	✔ Take as normal
Dietary Supplements (fish oil, fiber, iron, Vitamin E, etc.)	✗ Do NOT take	✗ Do NOT take until after procedure
Long-acting Diabetes Meds (Lantus, Levemir, Tresiba, etc.)	÷ Take half dose	✗ Do NOT take until after procedure
Short-acting Diabetes Meds (Humulin, Humalog, Metformin, Glipizide, Jardiance, etc.)	✔ Take as normal	✗ Do NOT take until after procedure
Diuretics (“Water Pills”) (Lasix, HCTZ, Spironolactone)	✔ Take as normal	✗ Do NOT take until after procedure
Certain BP Meds (ACE inhibitors, ARBs- end in ‘pril or ‘artan), Entresto	✔ Take as normal	✗ Do NOT take until after procedure
Other BP Meds (Metoprolol, Amlodipine, Carvedilol, etc.)	✔ Take as normal	✔ Take as normal
Statins (Atorvastatin, Simvastatin, etc.)	✔ Take as normal	✔ Take as normal
Seizure Medications	✔ Take as normal	✔ Take as normal
Anti-anxiety / Depression / Antipsychotics	✔ Take as normal	✔ Take as normal
Blood Thinners (Eliquis, Plavix, Xarelto, Coumadin, Brilinta, Effient, etc.)	📞 You should have received guidance.	Call 984-974-5052 if you have no instructions.
GLP-1’s (Trulicity, Ozempic, Mounjaro, Wegovy, Zepbound, etc.)	✔ Take as normal	✔ Take as normal

 **Tips:** If your medication does not appear on this list and is not included in one of these categories, it can be taken normally.

If you need to take any approved morning medications on the day of your procedure, do so **with water, at least 2 hours before** your appointment.

Special Information

In preparation for your procedure at UNC Health, please read through the following COVID-related information.

Positive Test:

If you test positive of COVID within 3 weeks of your procedure date, please call our scheduling line at (984) 974-5050. You will likely need to reschedule to a later date.

Changes in health status:

Please call our scheduling team if there have been any changes to your health status since scheduling your appointment. Your procedure may need to be rescheduled/postponed.

These include:

- heart or lung work up for new symptoms including chest pain, shortness of breath, cough, leg swelling.
- recent stroke, heart attack or heart stent placement
- new blood thinner medication start
- recent hospitalization
- persistent cough, fever, or sinus congestion within 7 days of your procedure