



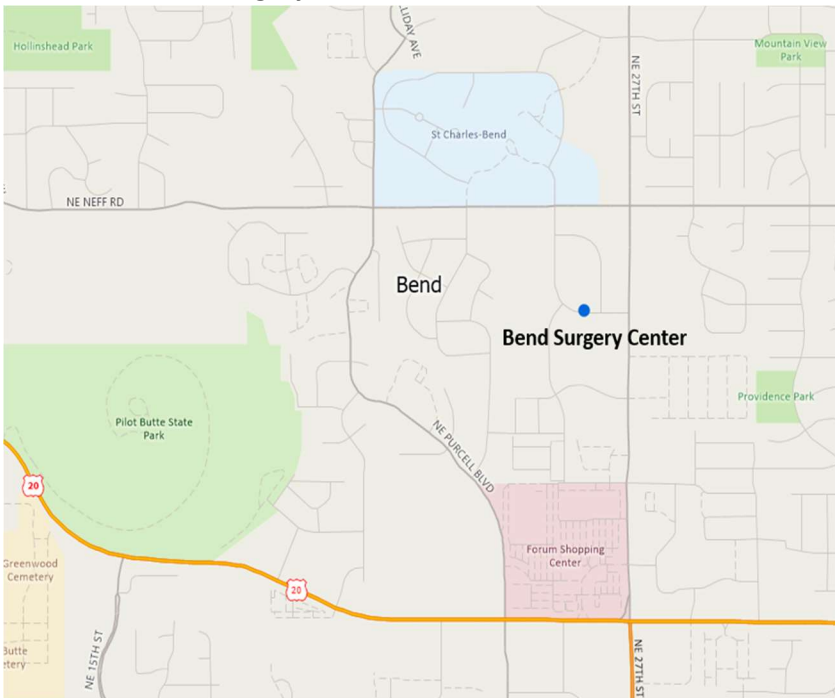
1715 SW Chandler Avenue, Suite 100, Bend, Oregon 97702 Office 541.550.7323

Richard Bochner, MD Sandra Holloway, MD Mark Spencer, PA-C PhD

You are scheduled for a EGD (Upper Endoscopy) at Bend Surgery Center.

Bend Surgery Center: 1342 NE Medical Center Dr. Suite 170 Bend, Oregon 97701 PHONE: 541-318-0858

Directions to the Surgery Center



From the North

- Take US-97 S
- Follow Exit 137 for Revere Avenue
- Turn left onto NW Revere Avenue
- Turn right onto NW 8th Street
- Turn left onto NE Penn Avenue and continue onto NE Neff Road
- Turn right onto NE Medical Center Drive

From the South

- Take US 97-N
- Follow Exit 137 for Revere Avenue toward Downtown
- Turn right onto NE Revere Avenue
- Turn right onto NE 8th Street
- Turn left onto NE Penn Avenue and continue onto NE Neff Road
- Turn right onto NE Medical Center Drive



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Instructions for Your EGD

- Read over all procedure instructions. Be familiar with the clear liquid diet.
- REVIEW Medication/Supplement Hold times (Located on the next page)

1 Day Prior to your Procedure

NO FOOD AFTER MIDNIGHT

Your Procedure Day

ONLY CLEAR LIQUIDS UNTIL AFTER YOUR PROCEDURE

- Time: _____ (please use this space to write in your STOP time)
- **STOP** all fluids 3 hours prior to your procedure time; not following this will delay your procedure.
- Do not use tobacco, alcohol, or marijuana today
- You **MUST** have a driver to take you home after your procedure as you will not be able to drive for 24 hours after your procedure.
- Do not wear any jewelry to your appointment.

Example of Clear Liquid Diet

Please remember that for a procedure you will be on a clear liquid diet **the DAY OF your** appointment.

Clear liquids are those which you can see through. No solids, pulps, and no dairy.

Look for clear, green, yellow flavors and colors

- **AVOID:** Red, orange, purple dyes; as these can look like blood
- **AVOID:** Alcohol during the preparation process
- You will need to include liquids with calories, sugar, and electrolytes as you are not eating.
- Remember, you **must STOP ALL FLUIDS for the 3 hours prior** to your procedure

So what can I have?

Black coffee, tea

Clear juices: Apple, white grape, lemonade

Coconut Water - No pulp

Sodas/Pop: Pepsi, Coke, Sprite, etc. - **Watch color/flavor selection as noted above**

Clear sports drinks: Gatorade, Powerade, Propel, Pedialyte - **Watch color/flavor selection as noted above**

Broths/bouillon (chicken, beef, vegetable, bone)

Jell-O - **Watch color/flavor selection as noted above**

Popsicles/Italian ice - **Watch color/flavor selection as noted above**

Please note that this is not an all-inclusive list, please call us if you have specific questions



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MEDICATION AND SUPPLEMENT HOLD TIME INSTRUCTIONS

Please be sure to inform the physician prescribing the medication to confirm it is safe for you to follow the instructions below.

Medications to Hold 7 Days prior to Procedure:

- **WEIGHT LOSS MEDICATIONS** (i.e., phentermine, Ozempic): Any weight loss medication (prescribed or over the counter) must be stopped 1 week prior to your procedure.
- **Certain Injectable Diabetic Medications** – typically held for 7 days prior to procedure. Please inform the physician prescribing the medication regarding when to stop this specific medication
 - Trulicity (dulaglutide)
 - Bydureon Bcise (exenatide)
 - Byetta (exenatide)
 - Victoza (liraglutide)
 - Saxenda liraglutide)
 - Adlyxin (lixisenatide)
 - Mounjaro (tirzepatide)
 - Ozempic/Wegovy (semaglutide)
 - Rybelsus
 - Xultopy (Victoza/Tresiba)
 - Soliqua (Adlyxin/Lantus)
- **Certain blood thinners** need to be held for 7 days – please be sure to inform the physician prescribing the medication regarding when to stop this specific medication:
 - Plavix (Clopidogrel) – typically held for 7 days
 - Brillinta (Ticagrelor) – typically held for 7 days
 - Effient (Prasurgel) – typically held for 7 days
- **Do not stop** low dose aspirin (“baby aspirin 81mg”)
- Stop taking the following **supplements** 7 days prior to procedure:
 - Iron supplements, such as ferrous sulfate or polysaccharide iron complex
 - Fish Oil Supplements
 - Vitamin E
 - Vitamin D

Two to Five Days Before Your Procedure

Most blood thinners are held 2-5 days prior to your procedure. If you take a blood thinner, please be sure to inform the physician prescribing the medication regarding when to stop this specific medication. Please review the list below regarding hold times for days 2-5 prior to your procedure.

Typically held for 5 days prior to procedure:

- Aspirin (Baby Aspirin *81mg* ok to continue)
- Coumadin (Warfarin)
- Multivitamins
- Heparin
- Motrin, Advil and Ibuprofen
- Ecotrin
- Glucosamine
- Aleve (Naproxen)
- NSAID’S (anti- inflammatory)
- Celebrex
- Acetaminophen-Tylenol *is ok within this five-day period*

Typically Held 3 days prior to procedure:

- Invokana (canagliflozin)
- Farxiga (dapagliflozin)
- Jardiance (empagliflozin)
- Steglatro (ertugliflozin)



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Typically held for 2 days prior to procedure:

- Pletal (Cilostazol)
- Rivaroxaban (Xarelto)
- Apixaban (Eliquis)
- Pradaxa (Dabigatran)

The Day of Your Procedure

Certain oral diabetic medications should be held the morning of procedure: metformin, glyburide, glipizide, glimepiride, chlorpropamide, Prandin, Starlix, Nesina, Tradjenta, Onglyza, Januvia, pioglitazone, rosiglitazone, acarbose, miglitol