

EGD BRAVO PREOP INSTRUCTIONS

BSW Digestive Disease – Waxahachie

Welcome! You've taken an important step toward better health, and we're here to support you every step of the way!

Since you're scheduled for an esophagogastroduodenoscopy (EGD) with Bravo pH monitoring, we're here to walk you through the preparation process to help ensure everything goes smoothly. Below, you'll find important prep instructions, including fasting guidelines and medication adjustments, to follow before your procedure. Proper preparation is essential—during the EGD, a tiny Bravo capsule will be placed in your esophagus to monitor acid levels and help your provider better understand your symptoms. This data plays a key role in diagnosing and managing conditions like acid reflux and GERD. Let's get you ready for a successful procedure and valuable insights into your digestive health!

If you have any questions or need assistance, please don't hesitate to call our office at **469-800-9950** or send us a message through the patient portal via the **MyBSWHealth app or website**. We're happy to assist you and answer any questions you may have! Thank you for trusting us with your healthcare!

PREPARATION:

- You must have someone drive you for your procedure. You will be sedated for your procedure and will not be allowed to drive yourself home.
- STOP taking weight loss medications 7 days prior to procedure.
- STOP taking oral iron pills or vitamins containing iron 3 days prior to procedure.
- STOP taking blood thinner medication 3-5 day prior to procedure.
- STOP taking oral diabetic medication 3-4 days prior to procedure.

***see the medication timeline chart on the next page for more details*

THE EVENING BEFORE YOUR PROCEDURE:

DO NOT eat or drink anything after midnight (12:00 am) until after the procedure.

THE MORNING OF YOUR PROCEDURE:

You may take any heart, blood pressure, thyroid, anxiety/mood, chronic pain, seizure medication, and/or acid reflux medication before you come in with a small sip of water. Do not drink anything else 3 hours prior to your arrival time.

Please follow all of these instructions and watch this Youtube Procedure Prep video: <https://www.youtube.com/watch?v=1p-WsNwiW4>

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MEDICATION TIMELINE:

Review the chart listed below for any medications you are currently taking and be aware of the amount of time prior to your procedure **REQUIRED** to hold (stop taking) your medication.

All blood thinner medication REQUIRE A CLEARANCE TO HOLD from the prescribing provider (cardiologist, primary care provider, etc.) to stop the medication before the procedure. *

STOP 7 DAYS PRIOR:	All weight loss medication: examples include Phentermine (Adipex) and Qsymia (Phentermine / Topiramate), Dulaglutide (Trulicity), Exenatide (Bydureon, Byetta), Liraglutide (Saxenda, Victoza), Lixisenatide (Adlyxin), Semaglutide (Ozempic, Wegovy), Tirzepatide (Mounjaro). Some of those medications are used to treat diabetes. You will need to hold them and inform your diabetes doctor to determine if an alternative is needed.
STOP 5 DAYS PRIOR:	The following blood thinners: Warfarin (Coumadin), Plavix (Clopidogrel), Effient (Prasugrel), Brilinta (Ticagrelor), Pletal (Cilostazol), Aggrenox (Aspirin/Dipyridamole). You will resume after procedure is done.
STOP 3 DAYS PRIOR:	Oral Iron supplement and diabetic medications: Invokana (canagliflozin), Jardiance (Empagliflozin), Farxiga (Dapagliflozin), Steglatro (Ertugliflozin), Segluromet (Ertugliflozin/Metformin), Xigduo XR (Dapagliflozin / Metformin). Ritalin (Methylphenidate). You will resume after procedure
STOP 2-3 DAYS PRIOR:	The following blood thinners: Eliquis (Apixaban), Xarelto (Rivaroxaban), Pradaxa (Dabigatran). You will resume after procedure is done.
STOP 1 DAY PRIOR:	The following blood thinners: Heparin, Lovenox. You will resume after procedure is done.
STOP DAY BEFORE PROCEDURE:	Insulin dependent patients MUST reduce long-acting insulin dose by 50% the night before procedure and you will resume after. Check your blood sugars at least twice: in the morning before beginning your clear liquids and at bedtime.
STOP MORNING OF PROCEDURE:	Don't take long-acting insulin, oral diabetes medications, such as Glucophage (Metformin), Glucotrol (Glipizide), or Actos (Pioglitazone). Check your blood sugar in the morning before arrival time.



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IF YOU ARE DIABETIC: Day before your procedure **reduce your insulin by 50%**.

DAY OF PROCEDURE: Do **NOT** take any insulin or Metformin until after your procedure.

CANCELLATION POLICY:

Procedure scheduling requires careful coordination between staff, doctors, and the facility. If you need to cancel or reschedule, **call at least 10 days before your procedure at 469-800-9950**. Failure to provide notice may result in a fee, which is **not covered by insurance** and must be paid before rescheduling.

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