

## Upper Endoscopy with Bravo Study Instructions (off PPIs)

The following instructions will help you prepare for your upper endoscopy with Bravo study (off PPIs). **Please read all instructions in this packet at least 1 week prior to your procedure.**

Date: \_\_\_\_\_ Procedure time: \_\_\_\_\_ Arrival time: \_\_\_\_\_  
Physician: \_\_\_\_\_  
Location: Newton Wellesley Hospital at 2014 Washington St, Newton  
Enter through the Surgical Center/East Entrance, proceed to GI registration desk.

Please note that procedure times are not exact and unexpected delays may occur.

### Transportation

- You must arrange a ride home before the day of your procedure.
- After your exam, you will not be able to drive or take any other transportation by yourself. You must arrange for a responsible adult to accompany you by car, taxi or public transportation. This is strictly observed for your safety. No exceptions will be made unless you have the procedure without sedation. If you wish to have the procedure without sedation, which is uncommon, please discuss this with your doctor in advance.

### Cancellation/No Show Policy for Procedures

- Scheduling time for procedures requires planning and coordination between the staff, doctors, and the hospital. Since the schedule is often carefully planned to avoid delays and having patients taken care of in a timely fashion, it is important that you adhere to the schedule as arranged. Should you need to reschedule or cancel, please do so at least 7 days prior to procedure.
- If you have your menstrual period, the exam will not be affected. However, if you have a fever, please call the office to reschedule.
- If a procedure is not cancelled **at least 7 days in advance**, you will be charged a one-hundred-dollar (\$100) fee. This fee is NOT covered by your insurance company.

### Medication Concerns

- Do not take **proton pump inhibitors (PPIs)** such as dexlansoprazole (Dexilant), esomeprazole (Nexium), lansoprazole (Prevacid), omeprazole (Prilosec), pantoprazole (Protonix), or rabeprazole (Aciphex) 7 days before and 4 days after the procedure.
- Do not take **H2 receptor antagonists (H2RAs)** such as cimetidine (Tagamet), famotidine (Pepcid, Zantac 360°), and nizatidine (Axid) 3 days before and 4 days after the procedure.
- If you use **antiplatelets or anticoagulants** such as apixaban (Eliquis), clopidogrel (Plavix), dabigatran (Pradaxa), dipyridamole (Persantine), edoxaban (Savaysa), prasugrel (Effient), rivaroxaban (Xarelto), ticlopidine (Ticlid), or warfarin (Coumadin), contact your prescribing physician.
- If you use dulaglutide (Trulicity), exenatide (Bydureon, Bydureon BCise, Byetta), liraglutide (Saxenda, Victoza, Xultophy), lixisenatide (Adlyxin, Soliqua), semaglutide (Ozempic, Rybelsus, Wegovy), or tirzepatide (Mounjaro, Zepbound), skip 1 dose prior to your procedure.
- If you take ertugliflozin (Steglatro), stop this medication 4 days before your procedure.
- If you take canagliflozin (Invokana), dapagliflozin (Farxiga), or empagliflozin (Jardiance), stop these medication 3 days before your procedure.

- If you take metformin (Fortamet, Glucophage, Glumetza, Riomet), glimepiride (Amaryl), glipizide (Glucotrol), or glyburide (Diabeta, Glycron, Glynase, Micronase), stop these medication 1 day before your procedure.
- Stop taking **iron supplements** and **fiber supplements** 1 day prior to procedure.
- Continue taking daily aspirin if prescribed.

## Preparation Instructions

### Day before procedure

- If you use dulaglutide (Trulicity), exenatide (Bydureon, Bydureon BCise, Byetta), liraglutide (Saxenda, Victoza, Xultophy), lixisenatide (Adlyxin, Soliqua), semaglutide (Ozempic, Rybelsus, Wegovy), or tirzepatide (Mounjaro, Zepbound), you should be on a clear liquid diet the day before the procedure.
- Clear liquids include water, fruit juices without pulp (apple or white grape juice), carbonated drinks (ginger ale, seltzer, sodas), gelatin, tea or coffee (without milk or cream), sports drinks, fat-free broth, bouillon, frozen juice popsicles.
- If you are not on the above medications, you may eat normally the day before the procedure.
- Do not eat anything solid after midnight.

### Day of procedure

- Do not eat solids or drink thick liquids.
- You may have clear liquids until 3 hours before your procedure.
- Avoid red or purple liquids.
- **Finish clear liquids at least 3 hours before procedure.**