

All Patients Please Read!

If you are on any of the following medications, please follow the instructions below to stop the medication prior to your procedure or contact our office for further instructions (713)461-1026. Please **do not** begin using any **new medications from the list below** before your procedure without contacting our office. Your procedure may be cancelled if you are taking the medications without notifying our office.

GLP-1 agonists include:

- Dulaglutide (Trulicity).
- Exenatide extended release (Bydureon bcise).
- Exenatide (Byetta).
- Semaglutide (Ozempic, Wegovy, Rybelsus).
- Liraglutide (Victoza, Saxenda, Xultophy).
- Lixisenatide (Adlyxin, Soliqua).
- Abiglutide (Tanzeum).
- Tirzepatide (Mounjaro, Zepbound).

Follow these instructions for GLP-1s:

- GLP-1 drugs prescribed weekly need to be held 1 week prior to procedure.
- GLP-1 drugs prescribed daily need to be held for 1 day or 24 hours prior to the procedure.

Additional Medications that will need to be held:

Phentermine needs to be held for 7 (seven) days prior to the procedure.

Please **do not** begin using any **new medications from the list above** before your procedure without contacting our office. Your procedure may be cancelled if you are taking these medications without notifying our office.

Special Instructions for Diabetics

Medication and Diet

- **Diet:** Follow clear liquid instructions as written. It is important that you consume nourishment, so do not drink only water and sugar free liquids. You can use broth, bullion, Gatorade (or any electrolyte drinks), and clear juices. You can replace Ensure and Boost with Glucerna at mealtimes (up to 3 cans a day). On the morning of your procedure have a glass of Gatorade (or any of the electrolyte drinks) as part of your liquids. Nothing must be consumed within 3 hours of your procedure.

- **Medications:**
 - If you take oral medication, such as Metformin, Xigduo, or Glipizide, continue normally until the evening prior to your procedure. Do not take your evening dose of diabetes medication. In the morning, do not take your diabetic medication until after your procedure when you are preparing to eat. At that time resume normal dosing.
 - **SGLT2 inhibitors must be held for 3 days or 72 hours** prior to your procedure. These medications include: Canagliflozin (Invokana), Dapagliflozin (Farxiga), Empagliflozin (Jardiance), Ertugliflozin (Steglatro), and Bexagliflozin (Brenzavvy).
 - If you use **injectable diabetic medications (excluding GLP-1s)**, continue normally until the evening prior to your procedure. At that time, reduce your dose of medication by half. Do not take any diabetic medication in the morning of your procedure until after the procedure when you are preparing to eat. At that time resume normal dosing.

Check your glucose levels with your glucometer, particularly at bedtime before your exam and in the morning of your procedure. Patients are most likely to have a lower glucose level than high due to the diet change and purging. If blood sugar is low (for you), drink a small glass of apple juice or one of the electrolyte drinks such as Gatorade, Pedialyte, Powerade, etc.