Associates in Gastroenterology and Endoscopy Centers of Colorado Springs

IMPORTANT: For your safety, YOUR PROCEDURE WILL BE CANCELLED if these instructions are not followed.

❖ **GLP-1 agonist medications currently available on the U.S. market include:**

- Dulaglutide (Trulicity®)
- Exenatide (Byetta®)
- Exenatide extended-release (Bydureon®)
- Liraglutide (Victoza®)
- Lixisenatide (Adlyxin®)
- Semaglutide injection (Ozempic® or Wegovy®)
- Semaglutide tablets (Rybelsus®)
- Tirzepatide (Mounjaro® or Zepbound®)

If you take any of these medications orally, **hold it the morning of your procedure**.

If you take the injectable form of these medications, hold it for **7 days prior** to your procedure.

❖ **Sodium Glucose Costransporter-2 Inhibitors (SGLT-2) class include:**

- Invokana® (canagliflozin)
- Jardiance® (empagliflozin)
- Synjardy® (empagliflozin/metformin)

Hold these medications for **3 days prior** to your procedure.

- Steglatro® (ertugliflozin)
- Farxiga® (dapagliflozin)
- Sotafliflozin (Inpefa)

Hold these medications for **4 days prior** to your procedure.

Associates in Gastroenterology, P.C.
719-635-7321
www.agcosprings.com

Your Appointment is scheduled for:

Date: _____

Check-In Time: _____

Procedure Time: _____

Location:

Endoscopy Centers of Colorado Springs

- ❑ Audubon Medical Campus
  2940 N. Circle Dr.
- ❑ St. Peregrine Pavilion
  6031 E. Woodmen Rd. Ste. 100

Hospitals

- ❑ Penrose Main Hospital GI Lab
  2222 N. Nevada Ave.
- ❑ St. Francis Hospital GI Lab
  6001 E. Woodmen Rd.

If you are scheduled at a hospital:

- Call 776-8010 one (1) week prior to your procedure to pre-register
- Check in at registration –they will direct you to the GI Lab.

What is a 48-Hour Bravo pH Test?

This test is used to evaluate for gastroesophageal reflux disease (GERD) and to determine the effectiveness of medications that prevent acid reflux. The study involves having an upper endoscopy (EGD) procedure to affix a small pH capsule to your esophagus. The pH capsule measures the pH in your esophagus and transmits the information to a receiver that you wear. The results will determine whether acid is coming up into the esophagus from the stomach.

Stop taking blood-thinning medications:

You will need to stop taking certain blood-thinning medications in the days before your colonoscopy. If you take a blood-thinning medication, please check with the doctor who prescribed your medication before stopping it.

7 Days Prior To Your Procedure:

- Stop taking all prescription anti-platelet medications: Plavix (clopidogrel), Pletal, Ticlid (ticlopidine), Aggrenox, Agrylin (anagrelide), or Effient.

5 Days Prior To Your Procedure:

- Stop taking Coumadin (warfarin), Brilinta, and Jantoven.

2 Days Prior To Your Procedure:

- Stop taking Pradaxa (dabigatran), Xarelto (rivaroxaban), Eliquis (apixaban), and oral iron supplements.

12 hours Prior To Your Procedure:

- Stop taking Lovenox, aspirin, ibuprofen, other NSAIDs.

☐ Stop the following reflux medications:

Your physician wants you to stop taking your acid reflux medications for the exam.

7 Days Prior To Your Procedure:

- Stop taking all proton pump inhibitors medications such as omeprazole (Prilosec), lansoprazole (Prevacid), rabeprazole (Aciphex), pantoprazole (Protonix), Dexilant (dexlansoprazole), and esomeprazole (Nexium)

2 Days Prior To Your Procedure:

- Stop taking all H2 blockers such as ranitidine (Zantac), cimetidine (Tagamet), famotidine (Pepcid), nizatidine (Axid), and pro-motility metoclopramide (Reglan).

6 Hours Prior To Your Procedure:

- Stop taking antacids such as Alka-Seltzer, Gaviscon, Maalox, Milk of Magnesia, Mylanta, Phillips, Tums, or any other brands.

☐ Continue taking your reflux medications:

Your physician wants you to continue taking your acid reflux medications for the exam to determine if it is effective.

Fast before the endoscopy.

You will need to stop drinking and eating eight hours before your endoscopy to ensure your stomach is empty for the procedure.

The day of your procedure:
You may have small amount of food and drink up to 8 hours before the procedure.

Nothing to eat, drink, or chew after _____.
IF YOU DO NOT STOP EATING AND DRINKING **EIGHT** HOURS BEFORE YOUR PROCEDURE — YOUR PROCEDURE MAY BE CANCELLED.

Bring a medication list.

Tell your doctor about all the medications and supplements you are taking before your endoscopy. Be sure to bring a medication list with you. If you take heart, blood pressure, or seizure medication routinely, you may take the medication up to 2 hours before your procedure with a small amount of water. If you are diabetic, hold oral medications the morning of your procedure. If you take insulin, take only half of your normal dose depending on your morning glucose level.

Notify your physician:

Let your physician know if you have a pacemaker or internal defibrillator, a history of bleeding problems, dilated blood vessels (varices), and any other known problems with your esophagus. These conditions may interfere with this test.

Plan ahead for your recovery.

You will receive anesthesia/sedation for this exam. You may feel mentally alert, but your memory, reaction times, and judgment may be impaired. You will not be allowed to drive or go back to work until the day after the procedure.
IF YOU DO NOT HAVE A DRIVER HOME, YOUR PROCEDURE WILL BE CANCELLED.

Once the test has begun:

☐ Follow your daily routine.

☐ Keep the monitor within three feet of your body.

☐ Do NOT get the monitor wet.

☐ Resume your normal diet.

☐ Record symptoms as instructed.

☐ Return the monitor the day after your 48-hour monitoring period.

☐ The capsule may cause a vague sensation of discomfort in the chest. If you think you may be experiencing any unusual symptoms or side effects, call your physician.

☐ No MRIs (Magnetic Resonance Imaging) for 30 days.

A list of frequently asked questions is available at www.agcosprings.com