



**Rossana Moura M.D., P.A.**  
*Gastroenterology & Hepatology*

# Endoscopy (EGD) Instructions

Failure to comply with these instructions may result in the cancellation of your procedure. Arrange for a ride home from a licensed driver after your procedure. Don't take a bus, cab, or ridesharing service unless an adult rides with you.

## **ONE WEEK PRIOR TO PROCEDURE:**

- Do NOT inject the following medications for 7 days: Dulaglutide (Trulicity), Tirzepatide (Mounjaro, Zepbound), Exenatide (Bydureon) and Semaglutide (Ozempic, Wegovy).
- Discontinue taking: Vitamin E, Ginkgo, Omega3, Fish oil, Flax seed, Ginseng, & NSAIDs (Ibuprofen, Motrin, Advil, Excedrin, Aleve). You may take Tylenol for aches or pain if necessary. ONLY if you have heart disease, you may continue your daily Aspirin.
- If taking Coumadin, Eliquis, Plavix, Pradaxa, or Xarelto, please do NOT discontinue these medications without proper authorization from our office.
- Continue taking all other prescribed medications including heart and blood pressure medications.

## **TWO DAYS PRIOR TO PROCEDURE:**

- Discontinue taking: Semaglutide (Rybelsus), Liraglutide (Victoza, Saxenda, Xultophy), Lixisenatide (Soliqua) and Exenatide (Byetta).
- Do NOT eat any seeded foods (seeded fruits, seeded breads, nuts, popcorn, or corn).

## **ONE DAYS PRIOR TO PROCEDURE:**

- Eat a regular breakfast, a light lunch, and a light dinner. Avoid fatty, greasy, and fried foods.
- **DO NOT DRINK OR EAT ANYTHING AFTER 9:00 PM!**

## **ON THE DAY OF THE PROCEDURE:**

- Please take all heart or blood pressure medications with a small sip of water.
- Do NOT take diabetic medication the morning of your procedure.
- Please bring all your medications with you to the facility.

**Memorial Hospital  
Pembroke**  
7800 Sheridan St  
Pembroke Pines, FL 33024  
(954)883-8282

**SurgiCare of Miramar**  
14601 SW 29th St  
Suite 301  
Miramar, FL 33027  
(954)266-3801

**Weston Outpatient  
Surgical Center**  
2229 N. Commerce Pkwy  
Weston, FL 33326  
(954)703-3000

Procedure Date	Time of Arrival
<hr/>	It will be determined by a nurse who will call you one day prior. We advise all patients to take the day off work/school.

**IF YOU HAVE ANY QUESTIONS, PLEASE CONTACT OUR OFFICE AT (954)874-7900  
OR EMAIL US AT [HELPDESK@DRMOURA.COM](mailto:HELPDESK@DRMOURA.COM)**

**FOR CANCELLATIONS OR TO RESCHEDULE PLEASE CONTACT US AT LEAST  
3-BUSINESS DAYS IN ADVANCE TO AVOID A \$75 CANCELLATION FEE!**