Updated 9/14/2026

EGD (Upper Endoscopy) with BRAVO pH Testing Preparation Instructions ON PPI Medication

This EGD with BRAVO pH testing preparation requires a little organization but is an extremely important part of your procedure. **If you do not follow these directions, your procedure may be canceled.**

Key Information:

- **Read these instructions at least two weeks before your procedure. View the accompanying video instructions: https://www.gastrorockies.com/egd-bravo-on/**
- Stop drinking all liquids **3 hours before your check-in time**.
- **Print these instructions and check off each step as you do it.**
- If you can become pregnant and have a uterus, you will need to give a urine sample before your procedure to check for pregnancy or sign a waiver. Pregnant patients will be canceled.

Transportation on the day of your procedure:

- You must bring an adult (18+) with you. They need to stay in the facility the whole time and take you home after your procedure.
- **You cannot go home alone** (no walking, bus, taxi, Uber, etc.). If you don't have someone to take you, your procedure will be **canceled**.
- You will be at the facility for approximately 2 hours, and your driver is required to check in with you and stay at the facility until you are discharged.

Medication Information:

If you take medications for blood pressure, weight loss, diabetes, blood thinning or kidney issues, please review this section for medications that must be held prior to your procedure. If these medications are not held according to these instructions, your procedure will be canceled.

- **Blood thinners**: including Coumadin (warfarin), Plavix (clopidrogel), Ticlid (ticlopidine hydrochloride), Brilinta (ticagrelor), Aggrastat (tirofiban), Agrylin (anagrelide), Xarelto (rivaroxaban), Pradaxa (dabigatran), Eliquis (apixaban), Lovenox (low molecular weight heparin), Innohep (heparin) or Effient (Prasugrel), you must follow the instructions provided by our nurses.
- **ACE Inhibitor Blood Pressure medications**: Do NOT take medications ending 'pril' the day of your procedure. Examples: lisinopril, benazepril, ramipril, captopril, enalapril, quinapril
- **ARB Blood Pressure medications**: Do NOT take medications ending in 'sartan' the day of your procedure. Examples: losartan, irbesartan, candesartan, valsartan, telmisartan, olmesartan
- **Diuretics**: Do NOT take "water" pills the day of your procedure. Examples: furosemide (Lasix), bumetanide (Bumex), torsemide, hydrochlorothiazide (HCTZ), spironolactone (Aldactone), indapamide, chlorothiazide, chlorthalidone, metolazone

GLP-1 Agonists and Other Weight Loss Medications:

- **GLP-1 Agonists (Injectable)**: including Mounjaro (tirzepatide), Zepbound (tirzepatide), Trulicity (dulaglutide), Victoza, Saxenda (liraglutide), Ozempic (semaglutide), Wegovy (semaglutide), Bydureon BCise (exenatide), Byetta (exenatide), stop one week prior to your procedure.

- **GLP-1 Agonists (Oral):** including Rybelsus/Wegovy (semaglutide tablet), stop 24 hours prior to procedure.
- **Anorectics**: including Adipex-P, Lomaira, Suprenza (phentermine hydrochloride), Qsymia (phentermine hydrochloride/topiramate), stop 5 days prior to your procedure.

Insulin and Blood Sugar Checking Instructions:

- **Long-Acting Insulins** (ex. Lantus, Basaglar, Semglee, Toujeo, Soliqua, Insulin Glargine): Decrease basal rate by ½ the day before and the day of your procedure.
- **Rapid-Acting and Regular Short-Acting Insulin** (ex. Lispro, Humalog, Admelog, Regular Insulin): If your blood sugar is high and you need to take a correction, take ½ or 50% of your usual correction. This applies to the day before and the day of your procedure.
- **Insulin Pump**: Decrease basal rate by ½ the day before and the day of your procedure. Do not administer bolus doses.
- **Check your blood sugar at same intervals as usual, and additionally, if needed:** If your blood sugar is less than 60, please take glucose tablets at any time before your procedure with a sip of water.

Other Medications that Lower Blood Sugar Instructions:

- **SGLT2 Inhibitors:** including Jardiance (empagliflozin), Brenzavvy (bexagliflozin), Glyxambi (empagliflozin/linagliptin), Invokamet (canagliflozin/metformin), Invokana (canagliflozin), Qtern (dapagliflozin/saxagliptin), Segluromet (ertugliflozin/metformin), Steglatro (ertugliflozin), Steglujan (ertugliflozin/sitagliptin), Synjardy (empagliflozin/metformin), Inpefa (sotagliflozin), Trijardy (empagliflozin/linagliptin/metformin), Xigduo (dapagliflozin/metformin), Farxiga (dapagliflozin), stop these medications 4 days prior to your procedure.
- **Other Medicines that Help Control Blood Sugar:** including Glucophage (metformin), Glucotrol/Glynase Pres Tab/Micronase (glipizide), Amaryl (glimepiride), DiaBeta (glyburide), Tradjenta (linagliptin), Januvia (sitagliptin), Nesina (alogliptin), Onglyza (saxagliptin), Zituvio (sitagliptin), Actos (pioglitazone), Avandia (rosiglitazone) or any combination of these medications, stop these medications the day before your procedure.

Other Medication Instructions:

- **Stop iron products** like vitamins with iron or iron pills 5 days before your procedure
- **All other medications:** Including aspirin, should be taken the day of the procedure with a sip of water

If you are taking an oral or injectable GLP-1 Agonist (see list above) or have a known diagnosis of gastroparesis (delayed gastric emptying), please follow the preparation instructions on page 4. Otherwise, follow prep instructions on page 3.

Checklist to Ensure Proper Preparation

Day of your procedure:

- ☐ **DO NOT eat solid food for 9 hours before your check-in time.**
  Example: If your procedure check-in time is at 9 AM, do NOT eat after MIDNIGHT.

- ☐ Follow a **clear liquid diet** using the charts below:

CLEAR LIQUIDS - YOU CAN DRINK:

Gatorade, Pedialyte, Powerade, Kool-Aid
Gatorade G2, Propel, Crystal Light
Popsicles
Jell-o, Juice without Pulp (ex. Apple Juice)
Black Coffee
Tea, Water
Clear Sodas (ex. Sprite, Ginger Ale)
Sparkling water

DO NOT DRINK:

NO Red or Purple Liquids
NO Milk or Non-dairy Creamers
NO Alcohol
NO Broth or Soup
NO Juice with Pulp (ex. pineapple juice)
NO Liquid you cannot see through
NO Apple Sauce
NO Smoothies

- ☐ **No marijuana.**
- ☐ **No mints, gum, hard candy, nicotine pouches/patches or chewing tobacco.**

3 hours - before your procedure check-in time

- ☐ **3 hours before check-in: STOP DRINKING ALL LIQUIDS!**

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Checklist to Ensure Proper Preparation
(ON GLP-1 Agonist or Gastroparesis)

2 days before your procedure:

☐ **DO NOT eat solid food after 7 pm until after your procedure.**

Example: If your procedure is on Monday, stop eating solid food at 7pm on Saturday evening.

☐ Follow a **clear liquid diet** using the charts below:

CLEAR LIQUIDS - YOU CAN DRINK:

Gatorade, Pedialyte, Powerade, Kool-Aid
Gatorade G2, Propel, Crystal Light
Popsicles
Jell-o, Juice without Pulp (ex. Apple Juice)
Black Coffee
Tea, Water
Clear Sodas (ex. Sprite, Ginger Ale)
Sparkling water

DO NOT DRINK:

NO Red or Purple Liquids
NO Milk or Non-dairy Creamers
NO Alcohol
NO Broth or Soup
NO Juice with Pulp (ex. pineapple juice)
NO Liquid you cannot see through
NO Apple Sauce
NO Smoothies

1 day before your procedure:

☐ Continue a **clear liquid diet** using the charts above.

Day of your procedure:

☐ Continue a **clear liquid diet** using the charts above.

☐ **No marijuana.**

☐ **No mints, gum, hard candy, nicotine pouches/patches or chewing tobacco.**

3 hours - before your procedure check-in time

☐ **3 hours before check-in: STOP DRINKING ALL LIQUIDS!**

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You're all done with your prep—great job!

Bring these things with you to your procedure:

- ☐ A list of all your medicines (even ones you buy without a prescription)
- ☐ A photo ID
- ☐ Your insurance card
- ☐ Payment card for your co-pay, co-insurance or deductible
- ☐ Don't bring valuables—we are not responsible for lost items.
- ☐ A driver who can stay at the facility during your entire visit and drive you home

Procedure Cancellation Notice Requirements:

- Procedure cancellations must be made **seven (7) business days prior to your appointment.**
- Failure to provide the required advance notice will result in a **$300 Cancellation Fee.**