

EGD Preparation Instructions (clears day prior)

Appointment Date: **Check In Time:** **Procedure Performed by:**

1 Day before your upper endoscopy

When you awake, begin Clear Liquid Diet. No Solid Food. You may have: water, coffee, tea, (no milk or creamers) clear fruit juices without pulp or cloudiness, soda pop, Gatorade, chicken bouillon or clear broth, popsicles, and JELL-O. Avoid the color red in all liquids. Avoid alcohol.

DO NOT put ANYTHING in your mouth the 2 hours before your procedure.

No chewing tobacco for 6 hours prior to procedure.

This includes but is not limited to: medication, hard candy, chewing gum.

Take ESSENTIAL medications (blood pressure, heart and seizure medications, for example) at least 2 hours before your exam. For early morning procedures you can either wake early to take medication or wait until after your procedure.

If these instructions have not been followed your appointment may be delayed or cancelled.

If you received these instructions by email, you will also receive an attachment with additional important information.

Diabetic Medications & Insulin:

If on a weekly injection, DO NOT HOLD regular dosing. Do not use injection day before or day of procedure. Please refer to prescribing provider regarding restart of this medication.

Bring your insulin with you on the day of your procedure.

Type II – Take a half dose of your diabetic medications day before exam and no diabetic medications day of exam.

Type I – Contact your endocrinologist for special instructions.

Blood Thinners:

Special instructions if you take major blood thinners such as: Coumadin, Warfarin, Plavix, Aggrenox, Effient, Xarelto or Ticlid:

Take last dose of _____ on _____.

Your bridge order has been sent to: _____. They will be contacting you for further instructions. (Delete if no bridge needed).

*** Please Note: if you are prescribed a blood thinner or diabetic medication prior to your procedure please call our office.**

You also need to arrange for an adult driver that is able to walk on their own, help you in and out of a car, drive you home and remain with you for 6 hours.

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