

Upper Endoscopy (EGD) Instructions

Failure to follow these instructions may result in cancellation of your procedure.

Please read carefully at least 5 days prior to your procedure.

- **Stop** aspirin _____ days before.
 - **Stop** Ticlid, Plavix, Coumadin, Aggrenox for _____ days before. (If you have an artificial heart valve, contact your cardiologist for direction.)
 - Inform your doctor if you have a pacemaker, internal defibrillator, or artificial heart valve.
 - Inform your doctor if you are a diabetic.
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Procedure Day

NO SOLID FOODS the day of the procedure.

You may have ***CLEAR LIQUIDS*** only up to 4 hours prior to procedure. Such as:

- Black coffee or tea (sugar is okay)
- Soda (clear or cola is okay)
- Sports drinks – Gatorade, Pedialyte
- Popsicles or Jell-O (not red or blue)
- Bouillon/broth
- Apple, grape or cranberry juice
- Hard candy such as Lifesavers
- Water

Please avoid jello or sports drinks that are red or blue in color. Avoid drinking alcohol.

NOTHING by mouth **4 HOURS PRIOR** to the procedure.

- You may take all of your regularly scheduled medications during this time with a sip of water unless otherwise directed. Do not take Ibuprofen (Advil, Motrin) or Aleve.

After the Procedure

Please arrange transportation – you CANNOT drive. It is very important that you have someone you trust to receive your discharge instructions. Alcohol and sedatives should be avoided for 24 hours after the procedure. If you have biopsies or polyps removed, you will need to avoid products containing aspirin and blood thinners for 7 days after the procedure to decrease the risk of bleeding.

