

INSTRUCTIONS FOR:

UPPER GI ENDOSCOPY
(Esophagogastroduodenoscopy, EGD, Gastroscopy)

MORNING PROCEDURE

If your exam is scheduled for the morning, **do not eat or drink anything after midnight** the previous night (**THIS INCLUDES WATER, GUM, HARD CANDIES, AND NO CHEWING OR SMOKING OF TOBACCO OR ANY OTHER SUBSTANCES!**).

AFTERNOON PROCEDURE

If your exam is scheduled for the afternoon, you may have only clear liquids (NO SOLID FOODS) from midnight until 3 hours prior to the scheduled time of the procedure. **CLEAR LIQUIDS ONLY FROM MIDNIGHT UNTIL: _____, THEN NOTHING BY MOUTH. THIS INCLUDES WATER, GUM, AND HARD CANDIES. NO CHEWING TOBACCO!** No smoking the day of the procedure.

CLEAR LIQUIDS

Water, clear strained fruit juices (apple, white grape, white cranberry, lemonade with no pulp), clear broth or bouillon, Jell-O (plain, without added fruits or toppings), coffee (black), Gatorade, ice Popsicles or Italian ice, tea (plain), soft drinks (Sprite, 7-Up, Ginger Ale), and Kool-Aid. **None of these products should be colored red or purple. No solid foods, milk or milk products.**

ALCOHOLIC BEVERAGES ARE NOT CONSIDERED A CLEAR LIQUID!

MEDICATIONS

- Take all of your medications as you normally do up until the day of your procedure with the exception of:

You will be instructed on how to take blood thinners

- If you take Coumadin/Warfarin, you must have a Protime/INR drawn at Carlisle Hospital on: _____ .

- The morning of your procedure hold all medications except the following:

- Medication 1
- Medication 2

- Bring all inhalers with you the day of your procedure.

IF YOU ARE DIABETIC

Insulin Dependent Diabetics: Take ½ of your normal evening dose of insulin the evening prior to your procedure.

DO NOT TAKE ANY ORAL OR INJECTABLE DIABETIC MEDS THE MORNING OF YOUR PROCEDURE.