

UPPER ENDOSCOPY PREP

Your physician has scheduled you for an Upper Endoscopy (EGD). Please follow the instructions below.

- ❑ If you need to cancel or reschedule your procedure for any reason, please call the Endoscopy Scheduler at 970-663-2159 at least 48 hours prior to your exam.
- ❑ For questions after hours call 970-669-5432 and ask for the gastroenterologist on-call.
- ❑ **Completely fill out the “TELL US ABOUT YOURSELF” and “MEDICATION” forms in your packet. Bring the completed forms and your packet with you the day of your procedure.**

General Information:

- ❑ Make arrangements to have a responsible adult drive you home. Public transportation is not allowed unless you have an adult to accompany you. Your driver should plan to stay at the facility during your procedure.
- ❑ After the procedure, you should have an adult with you for 4 to 6 hours.
- ❑ Take your prescribed medications as you normally would up until 3 hours before your procedure.

INSTRUCTIONS FOR THE PROCEDURE:

- ❑ You should **STOP ALL SOLID FOOD for 8 hours before your procedure and take ONLY clear liquids.** On your clear liquid diet you may have only: water, coffee, tea, soda, broth, bouillon, liquid or set jello, popsicles, juices without pulp such as apple, cranberry, or grape juice. No juice with pulp is allowed. NO milk or cream products are allowed.
- ❑ You should **STOP TAKING ANYTHING BY MOUTH for 3 hours before your procedure.** (This includes NO hard candy, chewing gum or water.)

DIABETIC INSTRUCTIONS:

- ❑ If you are a diabetic and your procedure is scheduled to be done in the morning, hold your medications or insulin the morning of the procedure. We suggest you check your blood sugar at least 4 times a day at mealtime and bedtime.
- ❑ If you are diabetic and your procedure is scheduled to be done in the afternoon, contact your primary care physician to confirm how to take your diabetic medications. We suggest you check your blood sugar at least 4 times a day at mealtimes and bedtime.

