

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.