

UPPER ENDOSCOPY
(EGD)

It is **IMPORTANT** that you read these instructions well in advance and follow them completely to ensure a successful exam.

DAY BEFORE YOUR PROCEDURE	DAY OF YOUR PROCEDURE
<ul style="list-style-type: none">• Nothing to eat after midnight.• You are permitted to drink clear liquids after midnight such as: water, sport drinks, tea or black coffee (no milk or cream), broth, apple or white grape juice, sodas, jello, or popsicles.• No alcohol or recreational drugs.	<ul style="list-style-type: none">• You can drink clear liquids up to <u>4 hours</u> before your appointment.• No gum, candy or breath mints within <u>4 hours</u> of your appointment..• Do not use any form of tobacco products Within 4 hours of your appointment.• Medications may be taken <u>4 hours</u> before your appointment with a small sip of water.• Remove contacts lenses, and all body piercings.