

(EGD) Upper Endoscopy Preparation Instructions

One week prior to procedure:

- If you take blood thinners, please inform us in advance so that these medicines can be managed appropriately
 - Blood thinners include Aspirin (or Aspirin containing products), Plavix (Clopidogrel), Effient (Prasugrel), Coumadin (Warfarin), Pradaxa (Dabigatran), Xarelto (Rivaroxaban), Eliquis (Apixaban).
- If you are a diabetic and take insulin or other medications to lower your blood sugar, *please inform us in advance* so that the medicines can be adjusted appropriately.
- Stop any anti-inflammatory medicines including Aleve, Motrin, Advil, Ibuprofen, Naproxen, etc.
- You can take Tylenol if needed for pain.

On the day prior to the procedure:

- You will need to stop eating all solid food 8 hours before your scheduled procedure time.
- You can drink “clear/thin” liquids up to 4 hours prior to your appointment.
 - Water, broth, Jell-O, juice, sports drinks, sodas, ginger ale, popsicles, coffee/tea (without milk).
- Avoid red- or purple-colored liquids

The day of the procedure:

- Do not eat anything within 8 hours of your procedure and do not drink anything within 4 hours of your procedure otherwise the test may have to be cancelled.
- If you have an early morning procedure, you can bring your medications with you to take after the procedure.
- Please do your best to be on time for the procedure.
- Women of child-bearing age may be asked to provide a urine sample to ensure you are not pregnant.
- You should be accompanied by a relative/friend to help you get home after the procedure.
- You should not drive or drink alcohol for 12 hours after the procedure.

Please do not hesitate to call us with any questions!