

# PREPARATION INSTRUCTIONS FOR UPPER GI ENDOSCOPY (EGD)

## PLEASE READ ALL OF THESE INSTRUCTIONS CAREFULLY

At any time should you have any questions about the instructions, please contact our office at (520) 327-3454 so a staff member can go over them with you.

Please visit our website at [www.tucsongastro.com](http://www.tucsongastro.com) for additional patient information.

1. **5 DAYS BEFORE YOUR EXAM YOU MUST STOP TAKING THE FOLLOWING MEDICATIONS:** (If okay with your Primary Care physician or Cardiologist). Coumadin, Heparin, Lovenox, and Plavix. If you must continue these please let us know.
2. **Do not take oral diabetic medications on the day of your procedure.** Insulin dependent diabetics should take half the usual dose on the day of your procedure. Continue to monitor blood sugar as usual.
3. Continue to take any heart and/or blood pressure medications as usual.
4. You may not have **anything to eat** after 12:00 midnight the night before your procedure.
5. Clear liquids are allowed up to **2 hours** prior to your procedure.

**Clear liquids include; Beverages-** Soft drinks (orange, ginger ale, cola, Sprite, 7-Up, etc.), Gatorade, Kool-Aide, strained fruit juices w/o pulp (apple, white grape, lemonade, etc.), water, tea, or coffee. **No milk or non-dairy creamer. No beverages that are red or purple in color. Soups-** Low sodium chicken or beef bouillon/broth. **Desserts-** Hard candies, Jell-O (lemon, lime, or orange, no fruit or toppings), or popsicles (no sherbets or fruit bars).

\* **Female Patients;** If you experience stress incontinence when you cough and/or sneeze you may wish to wear a pantiliner or pad during your procedure.

**YOU MUST HAVE SOMEONE DRIVE YOU HOME AFTER YOUR PROCEDURE. WE REQUEST THAT YOUR DRIVER REMAIN DURING YOUR EXAM.**

**\*\*Our facility doors open at 6:30am. Should you be scheduled for an early morning procedure, please plan your arrival accordingly.**

Tucson Gastroenterology Specialists, PC  
3040 N. Swan Road, Ste B  
Tucson, Arizona 85712  
Phone (520) 327-3454 FAX (520) 327-3431  
[www.tucsongastro.com](http://www.tucsongastro.com)