

Athens Digestive Healthcare Associates

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EGD (UPPER ENDOSCOPY) INSTRUCTIONS

*You **MUST** have a driver accompany you to your procedure, **STAY ON THE PREMISES** during your procedure and escort you home safely. **NO UBER, NO LIFT, NO TAXI, NO DROP OFF. IF SO, YOU WILL NOT HAVE YOUR PROCEDURE AND WILL NEED TO RESCHEDULE.***

MORNING PROCEDURE (7:30 - 11:30 am)

Nothing to eat or drink after midnight the night before the procedure.

AFTERNOON PROCEDURE (12:30 - 3:30 pm)

You may ONLY HAVE CLEAR LIQUIDS before 7am, then nothing to eat or drink.

CLEAR LIQUIDS: You may have black coffee, tea, apple, juice, white grape juice, soft drinks, Gatorade, broth (chicken/beef/vegetable), Jell-O, popsicles, hard candy.

NO SOLID FOODS, NO NUTS/SEEDS, NOTHING RED OR PURPLE IN COLOR, NO MILK OR MILK PRODUCTS; NO ALCOHOL

You may take your medications with only a SIP OF WATER, enough to swallow your pill. **DO NOT TAKE ANY BLOOD THINNERS, ACID REFLUX OR DIABETIC MEDICATIONS.** You may continue to take your blood pressure medication the morning of your procedure.

We will check your sugar levels and will provide you something if your level is too low. **DO NOT** drink any juices or anything sweet that may elevate your sugar

Do not consume nuts/seeds for 7 days prior to your procedure

Report To _____

Date _____

Time _____