



## UPPER ENDOSCOPY (EGD) INSTRUCTIONS

*Failure to follow these instructions may result in cancellation of your procedure.*

**Please read carefully at least 5 days prior to your procedure.**

- **Stop** aspirin three days before.
- **Stop** Plavix (clopidogrel), Coumadin (warfarin), Aggrenox, Xarelto, Pradaxa, Effient or Eliquis for \_\_\_\_\_ days before.
- Inform your doctor if you have a pacemaker, internal defibrillator, or artificial heart valve or are diabetic.

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### Procedure Day

➤ **NO SOLID FOODS** the day of the procedure.

You may have **CLEAR LIQUIDS** only up to **3 hours** prior to procedure. Such as:

- Black coffee or tea (sugar is okay)
- Soda (clear or cola is okay)
- Sports drinks – Gatorade, Pedialyte
- Popsicles or Jell-O (\* red or blue)
- Bouillon/broth (no solid particles)
- Apple, grape, or cranberry juice
- Hard candy such as Lifesavers
- Water

Please avoid Jell-O, popsicles, and sports drinks that are red or blue in color. Avoid drinking alcohol.

**NOTHING by mouth **3 HOURS PRIOR** to the procedure.**

- Continue drinking clear liquids **until** three (3) hours before your procedure. **VERY IMPORTANT:** **Starting three (3) hours prior to procedure, do not have anything by mouth including gum, water, mints, and lozenges.** Doing so may cause a cancellation of your procedure. Do not take Ibuprofen (Advil, Motrin) or Aleve.

### After the Procedure

Please arrange transportation – you CANNOT drive. It is very important that you have someone you trust to receive your discharge instructions. Alcohol and sedatives should be avoided for 24 hours after the procedure. If you have biopsies or polyps removed, you will need to avoid products containing aspirin and blood thinners for 7 days after the procedure to decrease the risk of bleeding.