

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 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