

EGD Instructions

You are scheduled for an EGD. An EGD, upper scope, or upper endoscopy are all short for a procedure known as an Esophagogastroduodenoscopy. This is a diagnostic procedure that allows for the physician to visualize the lining of your upper GI tract including your esophagus, stomach, and upper intestinal tract using a flexible tube called an endoscope.

Depending on the reason you are having this procedure, the physician may take tissue samples, remove food that is stuck, stop bleeding, or open narrowed areas. If you have any additional questions regarding why you are scheduled for an EGD, please reach out to the provider that requested your procedure.

Please read the instructions closely.

Day of your procedure

- Take any of your normal prescription medications with a small amount of water at least 2 hours prior to arriving **UNLESS** otherwise directed in the above instructions.
- Do not eat anything after midnight.
- You may have clear liquids up to 3 hours before your arrival time.
- Do not chew gum or candy after midnight.

Examples of acceptable clear liquids:

- Soups such as clear bouillon, chicken broth, vegetable broth, beef broth, or consommé.
- Beverages such as tea, coffee (no dairy cream/milk), crystal light, carbonated beverages such as soda water, electrolyte beverages such as Gatorade.
 - You may add sugar and artificial sweetener to your coffee or tea.
- Juices such as apple, white grape, or white cranberry juice.
 - Orange juice and grapefruit juice are **not** clear liquids and should be avoided.
- Sweet treats such as Italian ices, popsicles without milk, or Jell-O.