

# Upper Endoscopy (EGD) Prep Instructions

## Please read the following instructions carefully

What is an **EGD**? (esophagogastroduodenoscopy) – An EGD is the visual examination of the upper intestinal tract esophagus, stomach, duodenum using a flexible scope that contains a light and miniature video camera on its tip; the scope is connected to a video screen for viewing.

- If you are taking Adipex (Phentermine) you will need to stop seven (7) days prior to your procedure.
- If you have had a recent stress test or are scheduled to have one, please check with your physician to get a cardiac clearance.

### **DAY BEFORE PROCEDURE:**

- You may eat your normal diet the day before the procedure.
- **Nothing** to *eat or drink* after **MIDNIGHT** the night before your procedure
- Please refrain from *marijuana* use 12 hours prior to your procedure

### **ON THE DAY OF PROCEDURE:**

- If you are diabetic you may check your blood sugar before coming in.
- **DO NOT EAT** or **DRINK** anything or your procedure may be cancelled.
- You *may take* all your medications with a sip of water *except*: blood thinners, arthritis medications, and blood sugar/diabetic medications.

### **What to bring with you:**

- You cannot drive; you must be accompanied by an adult who must remain on the premises while you are having your procedure. Your procedure may be cancelled if you do not have a ride.
- A list of your current medications including the dosage and the times you take them, along with any drug allergies.
- Your drivers license and insurance cards

**If you are unable to keep your appointment, please give us 48 hrs to avoid any possible fees.**