


Upper Endoscopy (EGD) Instructions

3 Days before Procedure	1 Day before Procedure <i>You may eat and drink today</i>	Morning of Procedure
<p>Stop taking these medications until after procedure:</p> <ul style="list-style-type: none"> • Dicyclomine • Loperamide • Colestipol <p>Resume after procedure as directed.</p>	<p>Stop taking these medications until after procedure:</p> <ul style="list-style-type: none"> • Iron pill • Multivitamin with iron <p>Resume after procedure as directed.</p> <hr/> <p>Do not eat solid food after midnight</p> <div style="text-align: center;">  <p>NO SOLID FOOD</p> </div>	<p>You may drink clear liquids (see back page for list) until 4 hours before your procedure, then nothing else by mouth!</p> <p>Take morning medications 4 hours prior to procedure:</p> <p>DO NOT TAKE UNTIL AFTER PROCEDURE:</p> <ul style="list-style-type: none"> • Diabetic Pills • Insulin • Lactulose • Sucralfate • Lactobacillus • Psyllium powder • Psyllium seeds • Simethicone • Magic mouthwash <p>Resume after procedure as directed.</p>

(Turn page to see clear liquid list)

Drink plenty of fluids while on a clear liquid diet.

****NOTE: Do Not drink red or purple liquids ****

****NOTE: Do Not drink alcoholic beverages ****

The following items **are** allowed on a clear liquid diet:

- Water (plain, carbonated or flavored)
- Black coffee or tea (**NO** cream or dairy)
- Fruit juices without pulp, such as apple, white cranberry or white grape (**NO** grapefruit, orange or red cranberry juices)
- Fruit-flavored beverages, such as lemonade (without pulp) or Kool-Aid
- Carbonated drinks, such as Sprite, 7Up, ginger ale, seltzer, and dark sodas (cola and root beer)
- Sports drinks, such as Gatorade/Powerade
- Clear broths (with **NO** particles of dried food or seasoning)
- Hard candy, such as lifesavers
- Ice popsicles (without milk, fruit, seeds, or nuts)
- Gelatins, such as Jell-O
- **If you have DIABETES: Be sure to drink liquids with and without sugar**

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