

## **Upper Endoscopy (EGD) Prep Instructions**

You have been scheduled for a procedure with Northern New Mexico Gastroenterology Associates. Please follow these instructions to prepare for your upper endoscopy.

**Due to sedation, you MUST have a driver. Your driver is required to remain at the facility and to drive you home after your procedure. Public transportation and “drop off/pick up” is not allowed. Due to the sedation, you may not remember what your doctor tells you after the procedure; if this happens, please call our office at 505-983-5631 for an explanation of your results. If a biopsy is taken, it will take 5 to 7 working days for the doctor to get the biopsy report.**

**Please read all the instructions ahead of time so you can be adequately prepared for this procedure.**

**IF YOU MUST CANCEL THIS APPOINTMENT, PLEASE PROVIDE  
ADVANCED NOTICE OF AT LEAST THREE (3) WORKING DAYS.  
FAILURE TO DO SO MAY RESULT IN A \$100.00 CHARGE TO YOU.**

### **MORNING EXAM:**

#### **8 hours before your procedure:**

**\*No solid foods; you may have clear liquids from the following list:**

Chicken, beef, or vegetable broth, apple juice, soft drinks, Gatorade, coffee, tea, iced tea, iced coffee (no cream, milk, soy, rice, or additives may be used), water, jello, popsicles \*\*\*NONE OF THESE MAY BE RED, BLUE, OR PURPLE

#### **3 hours before your procedure:**

**\*Do not take anything by mouth until after your procedure**

### **AFTERNOON EXAM:**

#### **6 hours before your procedure:**

**\*Do not eat any solid foods; you may have clear liquids from the following list:**

Chicken, beef, or vegetable broth, apple juice, soft drinks, Gatorade, coffee, tea, iced tea, iced coffee (no cream, milk, soy, rice, or additives may be used), water, jello, popsicles \*\*\*NONE OF THESE MAY BE RED, BLUE, OR PURPLE

#### **3 hours before your procedure:**

**\*Do not take anything by mouth**

### **Medications:**

**In general, you should take any essential prescription medications on the day of your procedure. However, if you are a diabetic, you should not take insulin or other similar medications without discussing it with your doctor.**