

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.