



Upper Endoscopy (EGD) Instruction

Dietary instructions prior to procedure:

- You may have your normal diet the day before the procedure.
- Do not eat or drink for **eight (8) hours** prior to your scheduled appointment.
- If you suffer from gastroparesis do not eat or drink after midnight the night before your scheduled appointment.

Medications prior to procedure:

- 7-days prior to endoscopy:
 - If you are taking blood thinners, please consult with your physician to determine if it is recommended to temporarily hold these medications prior to your scheduled appointment.
 - If you take aspirin or NSAIDs such as Advil, Motrin, Celebrex, or ibuprofen, you may continue to take them as usual.
- Day of endoscopy:
 - You may take all of your morning medicines (except for oral diabetes pills) as usual with a sip of water up to 2 hours before your procedure.
 - If you take oral diabetes medicine (pills): do not take the medicine the morning of your test.
 - If you have diabetes and you take injectable medicines please consult with your primary care physician or diabetes specialist for instructions.