



## UPPER ENDOSCOPY (EGD) PREPARATION

**PROCEDURE DATE:** \_\_\_\_\_ **ARRIVAL TIME:** \_\_\_\_\_

**STOP** taking phentermine 2 weeks prior to procedure. **NO illegal drug use 24 hours prior.**

**NO** aspirin, Advil, Motrin, Ibuprofen, Aleve, Excedrin, BC Powder or Celebrex, **3 days prior to test.** Tylenol is ok.

**NO** iron, vitamins or supplements, **3 days prior to test**

**NO** Metformin the day before or the day of your procedure.

**IF** you take blood thinners, your nurse will give you specific instructions for taking these prior to your procedure.

### NOTHING TO EAT OR DRINK AFTER MIDNIGHT THE NIGHT BEFORE YOUR PROCEDURE!

If your EGD is scheduled in the afternoon, you may have these clear liquids up until 3 hours ( \_\_\_\_\_ ); before your procedure.

#### CLEAR LIQUIDS

Water	Apple Juice	Clear Chicken Broth/Bouillon
Coffee (No Cream)	White Grape Juice	Clear Beef Broth/Bouillon
Tea	White Cranberry Juice	Plain Jello (Not Red)
Any Soft Drinks	Light Colored Gatorade	Light Colored Kool-Aid
Popsicles (Not Red)		

**NO MILK, NO ORANGE JUICE, NO PRUNE OR TOMATO JUICE, NOTHING RED OR PURPLE, NO SOLID FOODS**

**NO mints, gum or candy.**

You may take your routine morning medications such as seizure, high blood pressure, breathing, heart and behavioral medications **with a sip of water 3 hours before your test.**

**DO NOT TAKE** any diabetic or blood thinners without your doctor's specific instructions.

**YOU MUST BRING YOUR VALID ID (PICTURE PREFERRED) AND INSURANCE CARDS.  
YOU MUST BRING A RESPONSIBLE ADULT (18 OR OLDER) THAT CAN DRIVE YOU HOME AFTER  
YOUR TEST OR IT WILL BE POSTPONED! NO UBER/TAXI.**

You should expect to be here 2 to 3 hours. Please call (901) 226-0536 for any scheduling needs.