

UPPER ENDOSCOPY PREP

Your physician has scheduled you for an Upper Endoscopy (EGD). Please follow the instructions below.

- ❑ If you need to cancel or reschedule your procedure for any reason, please call the Endoscopy Scheduler at 970-573-7555 at least 48 hours prior to your exam.
- ❑ For questions after hours call 970-378-1414 and ask for the gastroenterologist on-call.
- ❑ **Completely fill out the “TELL US ABOUT YOURSELF” and “MEDICATION” forms in your packet. Bring the completed forms and your packet with you the day of your procedure.**

General Information:

- ❑ Make arrangements to have a responsible adult drive you home. Public transportation is not allowed unless you have an adult to accompany you. Your driver should plan to stay at the facility during your procedure.
- ❑ After the procedure, you should have an adult with you for 4 to 6 hours.
- ❑ Take your prescribed medications as you normally would up until 3 hours before your procedure.

INSTRUCTIONS FOR THE PROCEDURE:

- ❑ You should **STOP ALL SOLID FOOD for 8 hours before your procedure.**
- ❑ You should **STOP ALL LIQUIDS for 3 hours before your procedure.**
(Take nothing by mouth for these 3 hours—this includes NO hard candy, chewing gum or water.)

DIABETIC INSTRUCTIONS:

- ❑ If you are a **diabetic and your procedure is scheduled to be done in the morning**, hold your medications or insulin the morning of the procedure. We suggest you check your blood sugar at least 4 times a day at mealtime and bedtime.
- ❑ If you are **diabetic and your procedure is scheduled to be done in the afternoon**, contact your primary care physician to confirm how to take your diabetic medications. We suggest you check your blood sugar at least 4 times a day at mealtimes and bedtime.