Upper Endoscopy (EGD) Instructions

**Date of procedure:** add date  **Arrive at:** add time Please select

**Location of Department:**
Ochsner Medical Center Please select
Please select
Please select

**How to prep:**

Day Before Procedure **add date**

- You may have a light evening meal.
- **No solid food after 7:00 pm.**
- Continue drinking clear liquids.

Day of the Procedure **add date**

- You may have water/clear liquids until **4 hours before your procedure** or as directed by the scheduling nurse **add time**. See below for list.

**What You CANNOT do:**

- Do not drink milk or anything **colored red**.
- Do not drink alcohol.
- No gum chewing or candy **morning of procedure**.

**Liquids That Are OK to Drink:**

- Water
- Sports drinks (Gatorade, Power-Aid)
- Coffee or tea (no cream or nondairy creamer)
- Clear juices without pulp (apple, white grape)
- Gelatin desserts (no fruit or toppings)
- Clear soda (sprite, coke, ginger ale)
- **Chicken broth** (until 12 midnight the night before procedure)

Comments: ______